INTERMEDIATE-ADVANCED | 4x/Week

HIGH FREQUENCY FULL BODY PROGRAM

JEFF NIPPARD

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ABOUT JEFF

Jeff is a professional drug-free bodybuilder and powerlifter. Through his science-based Youtube channel which has gathered an audience of millions of subscribers, Jeff aims to share the knowledge he has gathered through university education and field experience with others who are passionate about the science behind building muscle, losing fat and getting healthier.

He earned the title of Mr. Junior Canada for natural bodybuilding in 2012 and as a powerlifter, Jeff held the Canadian national record for the bench press in 2014. As a powerlifter, Jeff has claimed a 502 lb squat, 336 lb bench press and a 518 lb deadlift with an all time best Wilks score of 446.

With a Bachelor of Science degree in biochemistry, Jeff has gathered the requisite scientific knowledge to complement his practical experience acquired through training and coaching. Jeff has coached women's bikini and men's bodybuilding national and provincial champions, professional natural bodybuilders and nationally and IPF Worlds qualified raw powerlifters. He has presented seminars on Block

Periodization, concurrent training and nutrition for natural bodybuilding in academic settings including the 2019 Ultimate Evidence Based Conference (UEBC), Lehman College and the University of Iowa. He has aspirations of completing a PhD in exercise science or a related field.

Jeff currently lives in Canada, where he is producing YouTube videos and programs for people around the world.

KEY TERMS

FREQUENCY: How often you directly train a given muscle every seven days

EFFORT: How hard you are pushing the set relative to failure. Measured with RPE or %1RM

LOAD: The weight of the external resistance

INTENSITY: Effort and load

VOLUME: Total amount of work performed. Usually approximated as tough working sets

REPEATED BOUT EFFECT (RBE): The more you do something, the less it impacts you. In the context of high frequency training, RBE generally implies that you will get less sore and experience less muscle damage over time as your body grows accustomed to the new training style

STIMULUS TO FATIGUE RATIO: A measurement of how much hypertrophic stimulus an exercise provides relative to how much fatigue it causes. Generally speaking, exercises with a high stimulus to fatigue ratio should be prioritized as they provide a large training effect for a relatively small recovery demand.

PROGRESSIVE OVERLOAD: The gradual increase of stress placed upon the body during exercise training. In training contexts, this generally involves progressively increasing some lifting parameter over time (usually weight or reps)

ROM: Range of motion

RPE: Rate of perceived exertion. A measure of how difficult a set was on a 1-10 scale, with 10 meaning muscular failure was achieved. An RPE of 9 means you could have gotten one more rep, an RPE of 8 means you could have gotten two more reps, etc.

LSRPE: Last set RPE

TEMPO: The speed at which the lift occurs.

ECCENTRIC: The lowering ("negative") aspect of the lift

CONCENTRIC: The contracting ("positive") aspect of the lift

HYPERTROPHY: The growth of (muscle) tissue

AMRAP: As many reps as possible (with good form). Often performed as a test to determine max strength

PRIMARY EXERCISE: Main heavy compound movements that involve a large amount of muscle mass (for example: squats, bench presses, deadlifts, and overhead presses)

SECONDARY EXERCISE: Compound exercises which involve less muscle mass (for example: cable rows, lunges, hip thrusts, pull-ups, etc.)

TERTIARY EXERCISE: Isolation movements involving only one joint and primarily targeting a single muscle - usually used to isolate a specific, smaller muscle or to generate metabolic stress. For example: hammer curls, tricep pressdowns, calf raises, etc.

PERIODIZATION: The organization of training over time

TOP SET: A single heavy, high-effort set performed before back off sets (always performed after a progressive warm-up)

BACK-OFF SET: A lighter set performed after a top set to help accumulate volume and practice on the lift

ABOUT THIS PROGRAM

WHO BENEFITS THE MOST FROM FULL BODY TRAINING

Over the past few years, full body, high-frequency training has become a very popular programming style in the evidence-based fitness community. Many top natural bodybuilding coaches, professional natural bodybuilders and strength athletes are a testament to its success.

In the context of trainees looking to build muscle, later in this manual you will be introduced to five advantages to employing a high frequency approach. For completion sake, you will also learn the potential concerns that deserve careful attention. Trainees looking to push themselves from the intermediate to the advanced stage of physique development will benefit most from this program. Not only will the increase in frequency provide a novel training stimulus, but a unique distribution of weekly volume and the highest possible potential for "practicing lifting" will also

challenge your body in a way that it likely has never been challenged before.

WHAT THE PROGRAM IS

The primary goal of this program is to maximize muscle hypertrophy for individuals in the intermediate-advanced stage of training advancement. Because this program uses a very high frequency approach, it is most likely a set-up you have never tried before and as such, will be useful for breaking through plateaus in size and/or strength – an issue most intermediate and advanced trainees deal with regularly.

It's difficult to pin down exactly what "intermediate-advanced" means in terms of a specific training age because training years in the gym are not equal across individuals. Some folks, for example, may have spent 10 years training in the gym, but that time may only actually be "worth" one or two years if they've spent the majority of their time simply going through the motions without focus or direction. But as a general guide, if you've been training for roughly two-five years, with a generally serious approach toward your training sessions, you will benefit from this program. If you've been training without adequate structure for even a few months, it doesn't matter how long you've been in the gym, this program will get you on the right track.

This program is intended to build on both my Push Pull Legs Hypertrophy Program and my Upper Lower Size & Strength Program, but you can still run this program without having run either of those two programs first. You can also run these programs in a different order, such as going from highest to lowest frequency. This would involve completing this program first, then running the Upper Lower program, and finally, the Push Pull Legs.

Before we dive into the nuts and bolts of the program itself, I want to first make it clear

what this training manual is intended to accomplish. As I'll allude to throughout the document, this program consists of two separate blocks, both lasting four weeks. Both blocks have a slightly different area of focus in terms of exercises, reps and intensity. Block 1 will start out quite slowly to give your body time to get acclimated to the higher training frequency. This is very important for preventing excessive joint stress, soreness and fatigue. Block 2 continues with the same primary goal of building muscular size but has more of a strength and skill focus, where you will be working up to a high exertion primary lift and then performing lighter back-off sets on a secondary compound movement. This variation will make Block 2 a very challenging but also very enjoyable training segment of the program. At the end of Block 2, you have the option of running a planned deload week and then AMRAP (max) testing week. You are encouraged to do this to assess your strength progress throughout the program. If you are not concerned with strength and merely looking to build size however, you can instead simply start back with Week 1 (which functions as a deload) after Week 8, or advance onto a different program.

Because this is a very high frequency program, with each body part being hit up to five days per week, recovery management is our top priority. For this reason, we will be focusing heavily on proper technique, careful exercise selection (prioritizing movements with a high stimulus to fatigue ratio) and the mind-muscle connection. Most days begin with one heavy primary exercise at a moderate-high RPE, with the remainder of the session filled in with secondary and tertiary movements set toward reaching weekly volume targets for each muscle.

WHAT THIS PROGRAM ISN'T

If you've been in the gym for less than two years, I'd recommend running through my Fundamentals Program at least once, then running at least one of the Push Pull Legs and/or Upper Lower Program before advancing to this routine. This is encouraged

to ensure that you have already established an adequate strength and technique base before running a high frequency program.

This program is not intended to be an all-inclusive resource for all things training related. I initially wrote this document as a supplemental resource to my Science Applied YouTube Series and my Fundamentals YouTube Series, meaning that there will be information covered in those videos that won't be recapitulated here.

With that said, there is still plenty of information within these pages, including a full blown functional anatomy section, a section explaining the specific advantages and concerns with using a high frequency approach, a description of the programming principles at play (volume, intensity, etc.), video links for technique demonstration for each exercise, a list of exercise substitutions and 39 unique scientific references.

FUNCTIONAL ANATOMY

It's important to understand the functional anatomy and biomechanics of the main muscles we'll be targeting before we can understand how to best train them. Functional anatomy determines what muscles can do.

There are two things to consider when looking at a muscle's functional anatomy: origin and insertion. From at least two points, muscles attach themselves to bone by tendons. The origin is the fixed attachment which does not move and the insertion is the attachment which moves closer to the origin when a muscle contracts. This contracting phase, referred to as the concentric phase (known as the "positive" phase), is normally followed by the eccentric phase (lowering the weight – also known as the "negative" phase).

Figure 1A: The Main Posterior Muscles

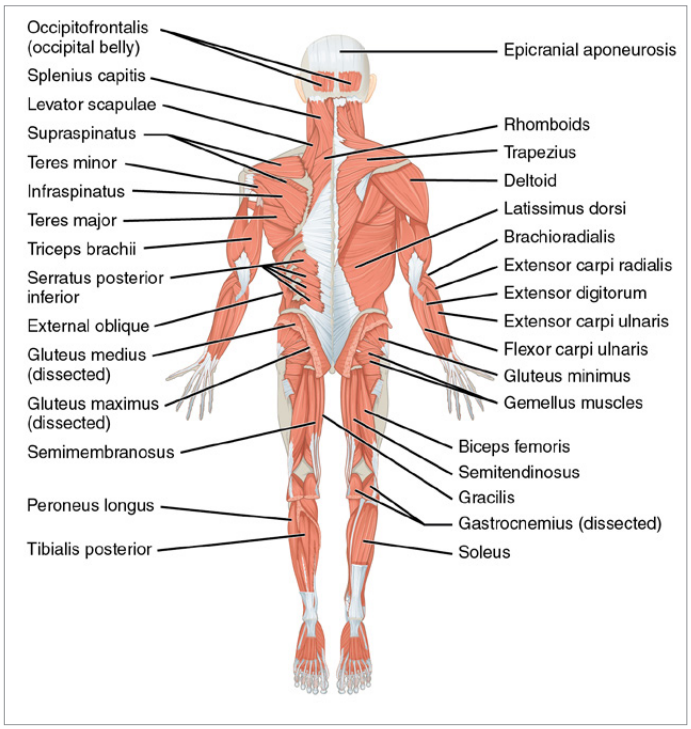
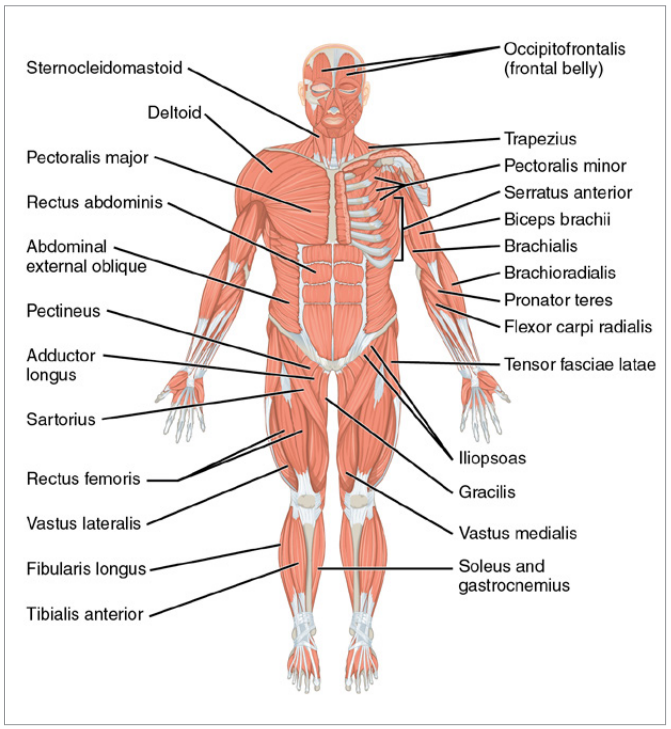


Figure 1B: The Main Anterior Muscles



QUADRICEPS: The quadriceps (quads for short) are comprised of four muscles, often referred to as "heads": the vastus lateralis (quad sweep), vastus medialis (tear drop), rectus femoris (the middle portion of your upper thigh), and vastus intermedius (which runs underneath rectus femoris). The quads act to extend the knee, taking the leg from a bent position to a straight position. Each muscle of the quad has its own unique insertion, which we won't worry about too much here. Just remember that the main action of the quads is to extend (straighten) the knee.

ORIGIN: The vasti muscles originate on the body of femur (thigh bone). The rectus femoris originates on the illium of the "hip bone."

INSERTION: Tibial tuberosity

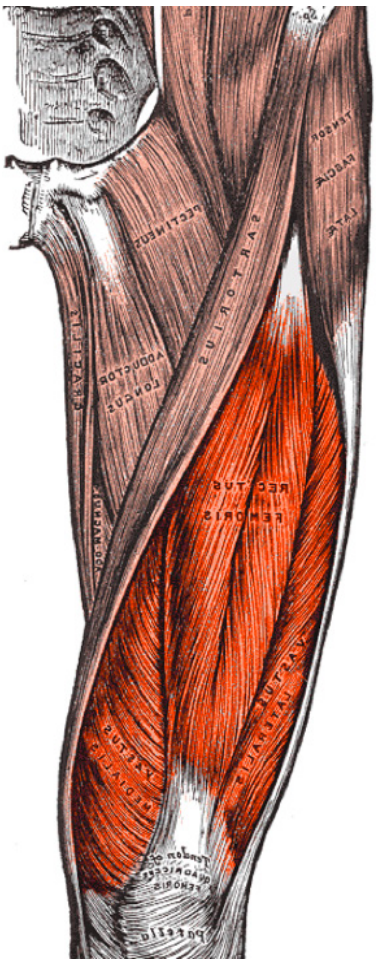


Figure 2: Quadriceps Anatomy

EXERCISES: Back squat, leg extension, leg press, and single-leg leg press

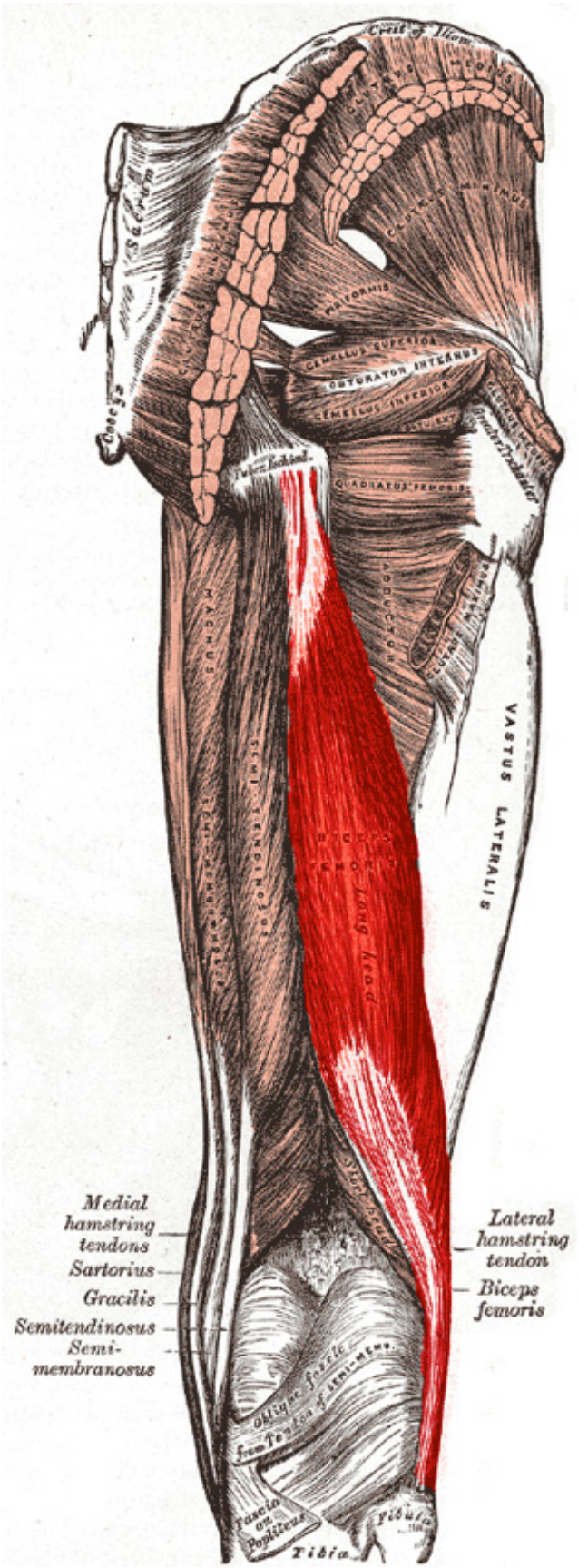


Figure 3: Hamstrings Anatomy

HAMSTRINGS: The hamstrings are actually a complex of four muscles: semimembranosus, semitendinosus, and biceps femoris (which consists of a long head and a short head). The hamstrings collectively act to both flex the knee (take the leg from a straightened position to a bent position, as in a leg curl) and extend the hip (pushing your hips forward, as in a deadlift).

ORIGIN: The semitendinosus, semimembranosus, and long head of the biceps femoris originate on the ischial tuberosity. The short head of the biceps femoris originates on the linea aspera.

INSERTION: The semitendinosus and semimembranosus both insert on the tibia, while both the long and short heads of the biceps femoris insert at the fibula.

EXERCISES: Deadlift, glute ham raise, lying leg curl, RDL, and swiss ball leg curl

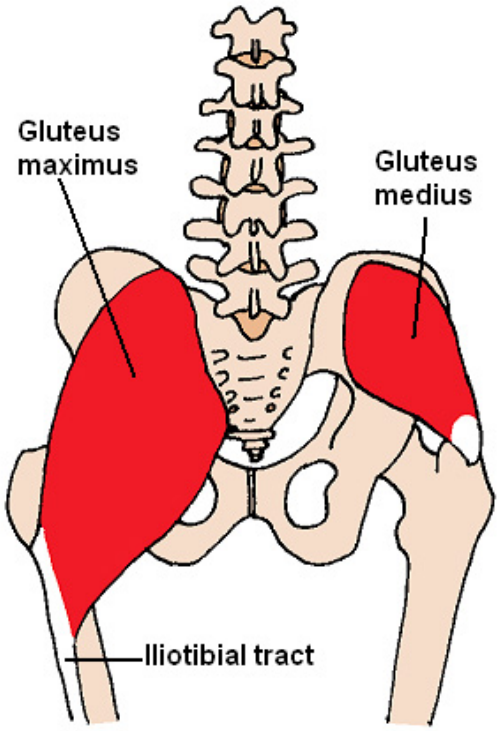


Figure 4: Gluteals Anatomy

GLUTEALS: The gluteals (glutes) are also a complex of muscles consisting of the gluteus maximus, gluteus medius, and gluteus minimus. As the name suggests, the gluteus maximus is the largest of the three, followed by the gluteus medius, and the smallest being gluteus minimus. The gluteus maximus has multiple origins, including the pelvis, sacrum, coccyx, and thoracolumbar fascia and multiple insertions including the upper femur and IT band. Because of this, it is able to perform a wide variety of functions, but primarily:

- Hip extension (push your hips forward)
- Hip abduction (move your thigh away from the midline)
- Hip external rotation (rotating your thigh bone outwards)
- Posterior pelvic tilt (tucking your butt "in")

The smaller glute medius still occupies a hefty portion of the rear hip musculature and functions primarily as a stabilizer during dynamic movement and as a hip abductor. It originates on the pelvis and inserts on the femur. It is most effectively trained with exercises that require a high degree of stability, especially unilateral movements such as walking lunges, and exercises that train hip abduction, such as machine hip abductions.

ORIGIN: The gluteus maximus, medius, and minimus originate on the ilium.

INSERTION: The gluteus maximus and gluteus minimus insert to the iliotibial tract (IT band) and the gluteal tuberosity on the femur. The gluteus medius inserts to the greater trochanter of the femur.

EXERCISES: Back squat, barbell hip thrust, deadlift, glute ham raise, leg press, RDL, seated hip abduction, and single-leg leg press

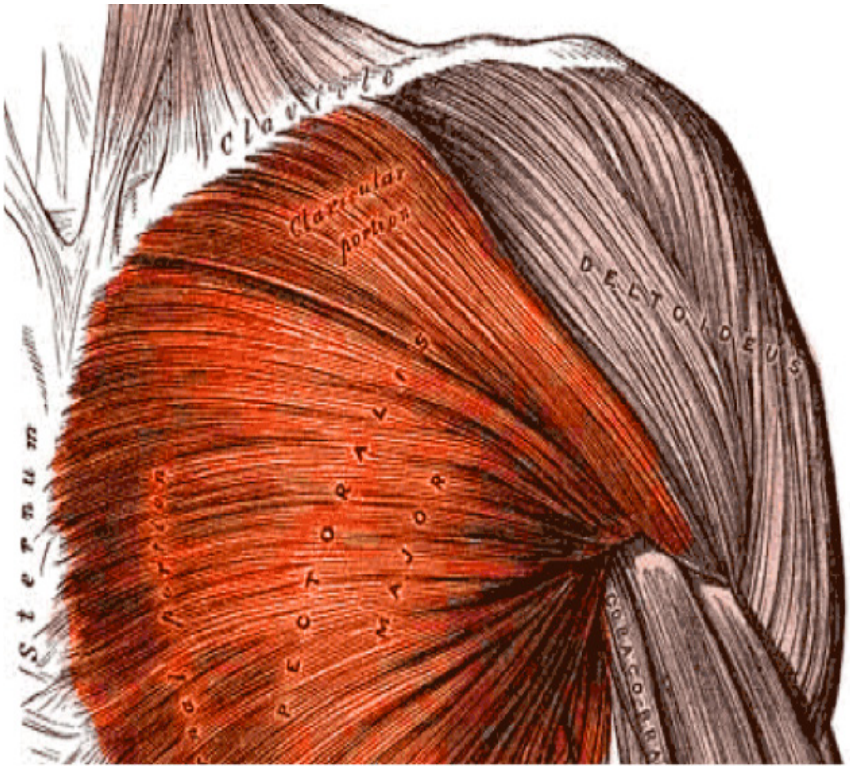


Figure 5: Pectoral Anatomy

PECTORALIS: There are two pectoralis muscles (pecs for short) located on your chest: the pectoralis major and the pectoralis minor. The pectoralis major can be divided into two heads: the clavicular head or "upper chest" (which originates at the clavicle) and the sternal head or "lower chest" (which originates at the sternum). The pecs act to adduct the upper arm (bring the upper arm across the body), and to internally rotate the shoulder joint. The clavicular fibers also aid in shoulder flexion (raising your upper arm up), but the sternal fibers do not.

ORIGIN: The pectoralis major originates on the sternum and clavicle. The pectoralis minor originates on the 3rd-5th ribs.

INSERTION: The pectoralis major inserts on the humerus. The pectoralis minor inserts to the coracoid process (front of your shoulder).

EXERCISES: Barbell bench press, decline bench press, dip, dumbbell incline press, low incline dumbbell press, low to high cable flye, and push up

BACK: The back is comprised of a massive web of muscles, so for the sake of simplicity, we will only look at the largest back muscles.

The latissimus dorsi (lats for short) is a big muscle which runs from just underneath your armpit all the way down to the bottom of your back. The lats primarily act to extend the shoulder (bring your upper arm downward) and adduct the shoulder (moving your elbows towards your mid back).

The trapezius (traps for short), is another large muscle running from the base of the skull down to the middle of your inner back. When people think about the traps, they tend to only think of the upper fibers, but the middle and lower fibers take up a very large surface area as well. The traps act to elevate the scapulae (shrugging your shoulders), retract the scapulae (pull the shoulder blades back), and extend the shoulder (pull your arms backward when your elbows are raised).

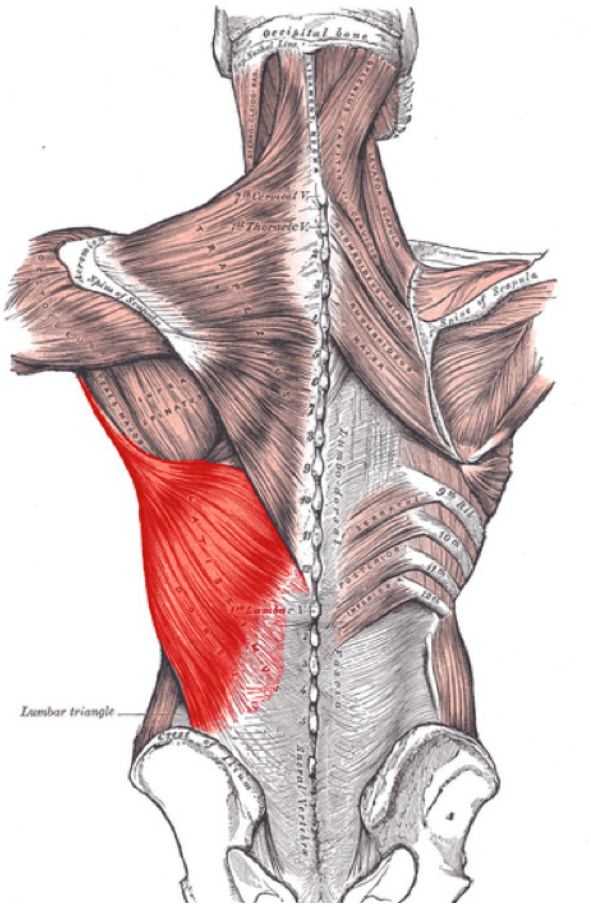


Figure 6: Latissimus Dorsi Anatomy

LATS:

ORIGIN: Illiac crest and thoracolumnar fascia

INSERTION: Humerus

EXERCISES: Cable-pullover, chin-up, pronated pulldown, and weighted pull-up

TRAPS:

ORIGIN: Occipital bone (upper traps), corresponding supraspinous ligaments for the mid and lower traps

INSERTION: Nuchal ligament

EXERCISES: Banded chest-supported T-bar row, cable seated row, chest-supported T-bar row, deadlift, dumbbell row, hex bar, humble row, pendlay row, reverse pec deck, seated face pull, and smith machine shrug

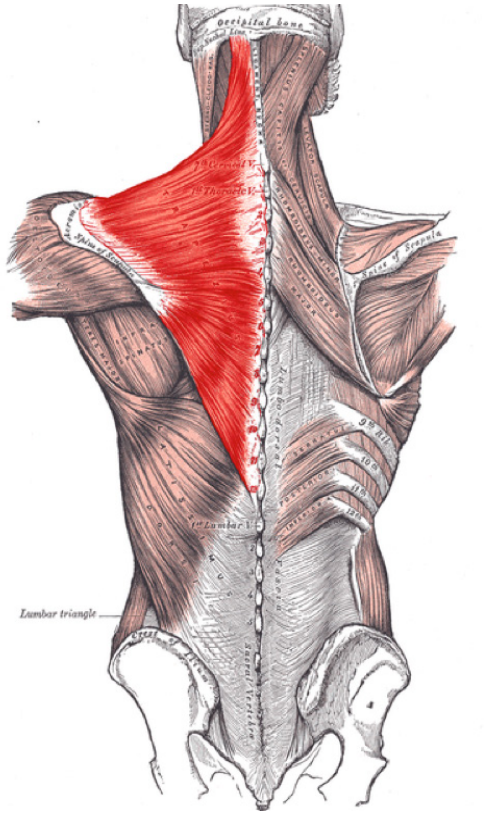


Figure 7: Trapezius Anatomy

BICEPS: The biceps brachii are a two-headed muscle, containing a long head and a short head. They collectively act to flex the elbows (bring the elbow from a straightened position to a bent position), and supinate the wrist (twist the pinky upwards). The brachialis, which runs underneath the biceps brachii, is also a strong elbow flexor.

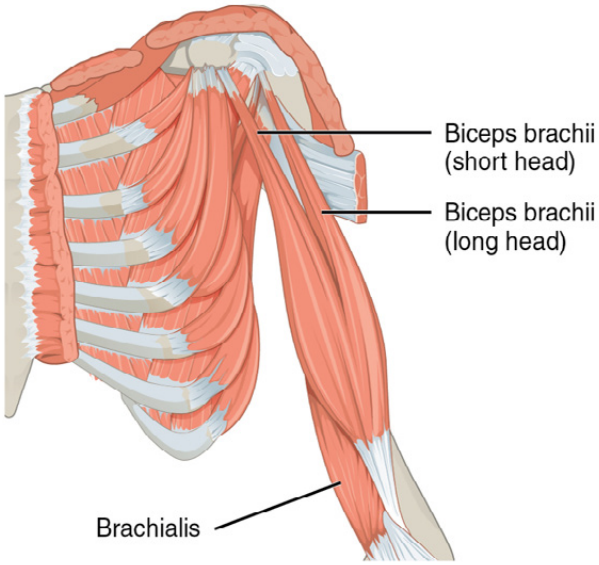


Figure 8: Biceps Anatomy

ORIGIN: Coracoid process, supraglenoid tubercle

INSERTION: Radial tuberosity

EXERCISES: Cable single-arm curl, EZ bar curl 21s, hammer curl, incline dumbbell curl, and supinated EZ bar curl

TRICEPS: The triceps lie on the back of your upper arm and are made up of three heads: a long head, medial head, and lateral head. The triceps collectively act to extend the elbow (bring the elbows from a bent position to a straightened position).

ORIGIN: Infraglenoid tubercle, radial groove

INSERTION: Olecranon process on ulna

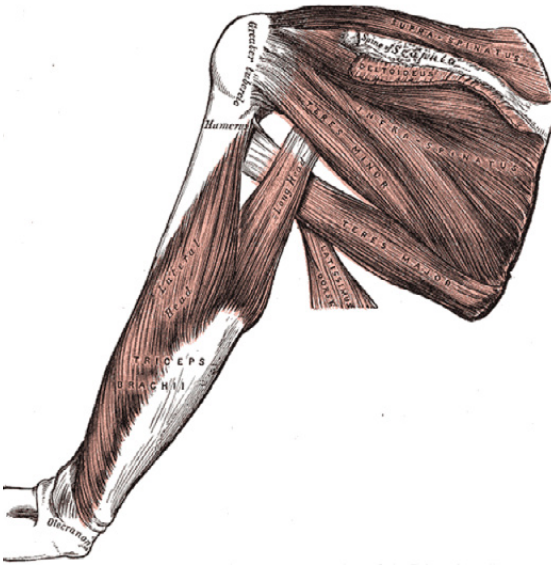


Figure 9: Triceps Anatomy

EXERCISES: EZ bar skull crusher, overhead triceps extension, and triceps pressdown

DELTOIDS: The deltoids (or delts for short) are comprised of three different heads, the anterior deltoid (front delt), the lateral deltoid (middle delt, and often mistakenly called the medial delt), and the posterior delt (rear delt). The anterior delt acts to flex the shoulder (raise the arm up), the lateral delt acts to abduct the upper arm (raise your upper arm out directly to your sides), and the posterior delt acts to abduct the shoulder (pull the shoulder back when the elbows are raised).

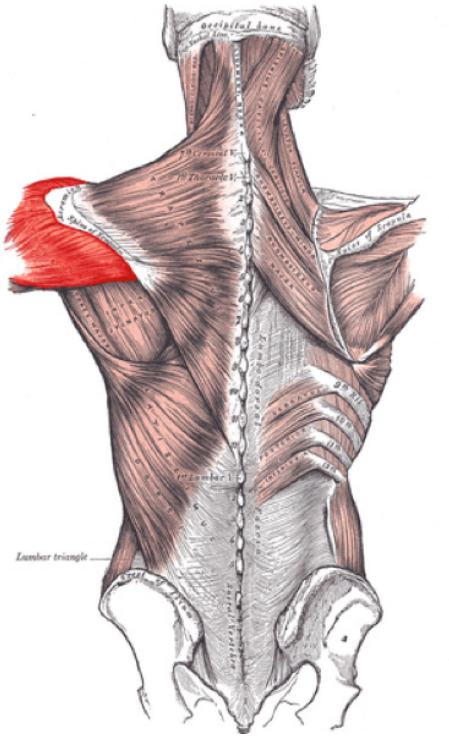


Figure 10: Deltoid Anatomy

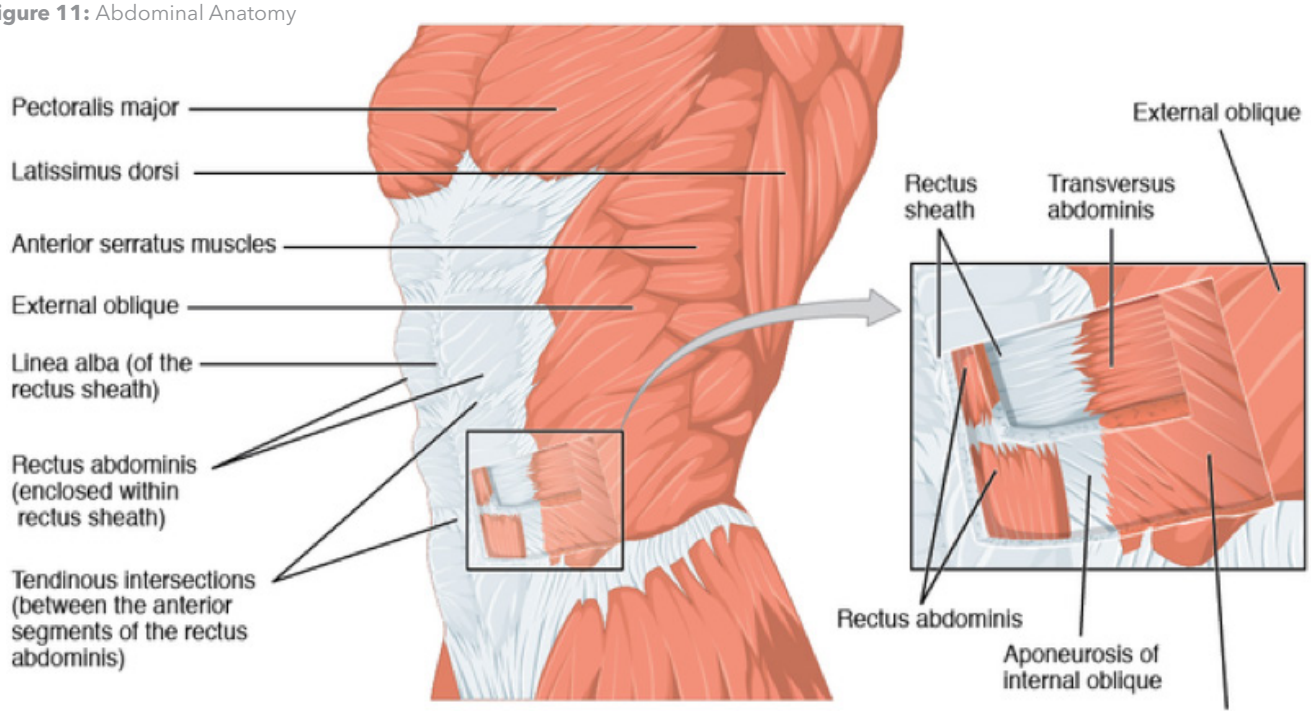
ORIGIN: Clavicle, acromion process, spine of scapula

INSERTION: deltoid tuberosity of humerus

EXERCISES: Arnold press (anterior, lateral, posterior), banded chest-supported T-bar row (posterior), barbell bench press (anterior), barbell overhead press (anterior, lateral), cable lateral raise (lateral), cable rope upright row (lateral), chest-supported T-bar row (posterior), dumbbell incline press (anterior), dumbbell lateral raise (lateral), egyptian

lateral raise (lateral), humble row (posterior), low incline dumbbell press (anterior), pendlay row (posterior), reverse pec deck (posterior), and seated face pull (posterior)

Figure 11: Abdominal Anatomy



ABS: The abs are a huge web containing many muscles which all have a similar function. When talking about the abs, we are typically referring to the rectus abdominis – the "6-pack." The rectus abdominis acts to flex the spine, rotate the torso, and resist spinal extension (prevent your lower back from arching inwards).

ORIGIN: Crest of pubis

INSERTION: Xiphoid process

EXERCISES: Ab wheel rollout, bicycle crunch, cable crunch, and hanging leg raises

Figure 12: Anatomy of the Calf Muscles

CALVES: The calves are a complex muscle group consisting of two muscles – the gastrocnemius (or gastroc for short) and the soleus. The gastrocnemius is the big muscle underneath the back of your knee and the soleus is a smaller, flatter muscle which runs underneath the gastroc down to your ankle. Both the gastroc and soleus act to plantarflex the ankle (point your toes down).

ORIGIN: Lateral and medial condyle of femur

INSERTION: tendo calcaneus

EXERCISE: Eccentric-accentuated standing calf raises and standing calf raises

FOREARMS: The web of musculature that we commonly call forearms perform a few primary functions: wrist flexion, wrist extension, wrist supination, and elbow flexion. Wrist flexion is pulling your palm towards your inner elbow. Wrist extension is pulling your palm away from your inner elbow. Wrist supination is rotating your hand such that your pinky is higher than your every other finger, and elbow flexion is pulling your forearm closer towards your shoulder ("curling"). The forearm elbow flexors are stronger when the wrist is in a pronated (palms down) position.

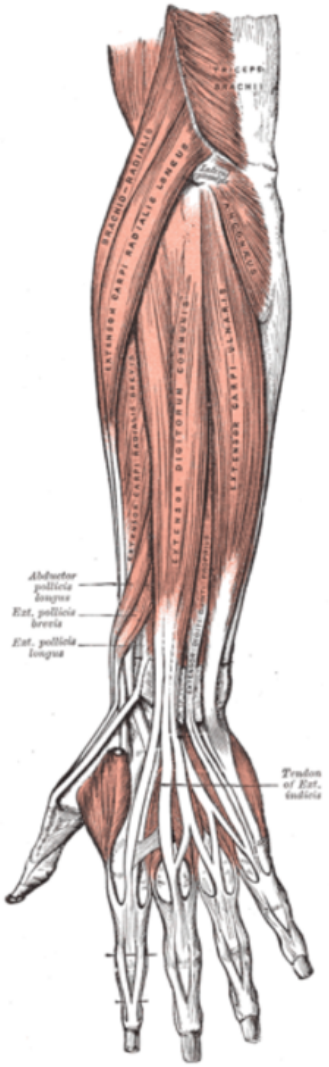


Figure 13: Posterior Forearm Anatomy

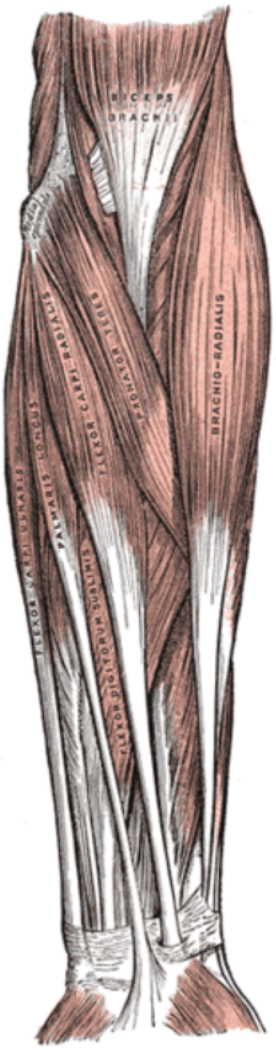


Figure 14: Anterior Forearm Anatomy

ORIGIN: Most of the posterior muscles originate on the lateral epicondyle of the humerus, whereas most of the anterior muscles originate on the common flexor tendon.

INSERTION: There are numerous and varied insertion points, but most muscles insert somewhere on the fingers

EXERCISES: Cable single-arm curl, deadlift, EZ bar curl 21s, hammer curl, incline dumbbell curl, supinated EZ bar curl, and weighted pull-up

F.A.Q.

1. Isn't this overtraining? How can I train every muscle every day and not burn out?

Overtraining occurs when your training demands consistently exceed your body's ability to recover over time.

First of all, true overtraining is pretty rare. When it does occur, it doesn't just "happen" all of a sudden. There are all sorts of warning signs that can hint toward overtraining territory including: a clear and continued loss of progress in strength/size, disturbed sleep, persistently achy joints and muscles and an extreme lack of motivation to train. Regardless of what training split you are running, it is important to pay attention to your own body's feedback to determine if you are recovering properly and then to adjust accordingly.

Secondly, overtraining typically results from either too much volume and/or too much intensity. Generally speaking, most truly intermediate-advanced trainees will

not experience overtraining using the weekly set volumes in this routine (in the 10-24 sets per week range) unless intensity is also very high. To be sure, this program emphasizes strict adherence to RPE's, where typically about one-three reps are being "left in the tank" per set to avoid this concern.

Additionally, the period of rest required for recovery from just three-six sets per muscle group is probably much shorter than you think. For truly intermediate-advanced trainees, hitting the same muscle within 24 hours is perfectly viable, especially when volumes and intensities are moderated. This becomes obvious once you realize that even though I might say "we are training chest four-five days per week", this does not imply that we are doing FULL chest workouts four-five days per week. It simply means that we will stimulate the chest through the use of (usually) just one exercise per training day.

Granted, I think there is slightly more of a concern for fatigue accumulation on a full body program, even if weekly volumes are re-distributed appropriately, especially if it is a unique set-up for you. For this reason, we will continually emphasize careful warm up, proper exercise selection, effort management and other recovery factors throughout this manual.

Remember: there is no "rule" stating that you cannot train the same muscle group on consecutive days. In fact, most athletes tax the same muscles and the same systems on consecutive days all the time, making muscle-heads and bodybuilders the exception to typical programming practices.

2. Wait! I looked through the program and noticed that every single muscle isn't hit every single day. For example, there is zero chest work on Day 3 of Week 1. Is this a mistake?

No, it's not a mistake. Just like there is no rule saying that you can't hit the same

muscle on consecutive days, there is no rule saying that you must hit the same muscle every consecutive day. The program is organized in such a way that allows us to hit weekly volume targets while ensuring adequate recovery and progression.

3: I am getting very sore from my workouts. Should I skip the gym until I am not sore?

You may experience increased soreness when you first begin the program because it is presenting a new stress to your body. Foam rolling can help reduce DOMS [1] and increase ROM [2], so if you are constantly getting sore, week after week, consider adding a short three-five minute foam rolling routine at the beginning and/or end of your workouts. Otherwise, training while sore is not inherently problematic for muscle growth unless it puts you at an increased risk of injury. If you're having a difficult time getting into position or completing a full range of motion for any of the planned exercises, it would be wise to skip that exercise until you feel properly recovered. You can then add the volume for that exercise later in the week. This ensures that the total weekly volume remains the same. Otherwise, in the case of mild soreness, perform a slightly longer warm up for each exercise and use your own discretion with avoiding injury being a top priority. One extra rest day will not set you back very far, but a serious injury will.

4. When should I take rest days?

It doesn't matter much how you organize your rest days as long as you're able to complete all of the weekly training volume at the appropriate level of effort. For example, if it works better with your schedule and recovery to take one rest day after Day 2, and then another two rest days after Day 4, that is likely most ideal.
On the other hand, you can also run all four training days in a row and then rest for three days straight. The most important thing is that you complete all five workouts within a seven day time span.

5. Four days a week isn't enough for me. What should I do?

If you have more than four days per week available to train, you have the option of running my 5x/week full body program instead. Both programs have similar volumes, exercises and overall programming. The main difference is the number of days you are in the gym per week.

6. How do I know if I am progressing?

Bodybuilding is a marathon, not a sprint. It can be difficult to accurately determine if you are making visual progress day-to-day or even week-to-week. Taking physique progress photos every four-six weeks and comparing them side by side is a good way to detect visual differences that you simply wouldn't notice in the mirror. But ultimately, because of the relationship between strength gain and muscle gain, the main metric I want you to use for tracking your progress is strength. If you're getting stronger, you're progressing. It is strongly recommended to log every workout either in writing (print the program out or use a separate notebook) or in an app, so you don't have to rely on memory to keep track of personal strength records. Taking body measurements a few times a year can also be helpful (arms, thigh, waist, neck). Simply focusing on steady strength progression however, will be your best proxy for determining muscular progress.

7. I can't do "X Exercise". What should I replace it with?

Please see "Exercise Substitutions" on page 95.

8. Should/can I add cardio to this program?

I would be extra conservative with cardio on this program. While doing some low intensity cardio will not derail your recovery or progress, if excessive, it will impose

an additional recovery demand and may interfere with your recovery from weight training.

The main point of cardio is to create or increase a caloric deficit for fat loss. I would recommend prioritizing the deficit from your diet, rather than relying heavily on cardio. As a general rule, I recommend keeping cardio to an effective minimum on this program. If you must do cardio to achieve your fat loss goals, try to keep it to a maximum of one to four low intensity sessions per week, around 20-30 minutes in duration. High intensity cardio should be used very sparingly, up to once or twice weekly.

9. How much muscle can I expect to gain?

How you respond to training will be largely determined by genetic factors and your specific training history (i.e. How close you are to your genetic "limit"). As a rough ballpark estimate for early intermediates with about one to two years of lifting experience, you can expect to gain roughly 0.5-1 lbs of muscle per month (6-12 lbs of muscle gained in your second year). For intermediate-advanced trainees, 0.25-0.5 lbs of muscle gain per month is reasonable (3-6 lbs of muscle gained per year). For practical purposes, women can divide muscle gain estimates in half.

10. What gym training gear should I use?

Gym gear is optional as there are no required pieces of equipment to gain muscle and increase strength. With that being said, investing in a 10mm prong or lever belt, knee sleeves, squat shoes, and straps can be beneficial in allowing you to lift more weight for certain exercises.

You can find most of my recommended equipment at the following affiliate link: http://Rise.ca/jeff

11. I have a belt. When should I wear it?

I will most often use a lifting belt for hard working sets on the squat, bench press, deadlift and overhead press. I wouldn't recommend wearing a belt on light warmup sets.

12. I am not getting sore from my workouts. Is the program not working?

Muscle soreness is largely attributed to eccentric contractions [3] and long muscle length contractions [4]. Delayed onset muscle soreness (DOMS) isn't required for hypertrophy to occur, but the associated muscle damage might play a role in hypertrophy [5]. With that said, the main goal of this program is to build muscle and strength, not to get you feeling sore. In fact, reduced soreness over time indicates that your body is adapting and recovering, which is actually a good thing for continued progress.

13. Should I eat in a caloric deficit, maintenance, or surplus while running this program?

Eating in a slight caloric surplus will yield the best results and best recovery. However, if your main goal is fat loss, eating in a caloric deficit will be necessary. As a beginner, you can continue to make strength and size progress while in a moderate caloric deficit and achieve body recomposition (lose fat and build muscle at the same time) if protein intake is sufficient (1g/lb bodyweight as a ballpark). As an intermediate-advanced level trainee, body recomposition may require more fine-tuning. I would recommend checking out my new Nutrition Guide on body recomposition for more details there. In all, a caloric surplus is recommended for optimal progress, but some progress can certainly still occur at caloric maintenance and even in a caloric deficit.

14. The warm-up isn't enough for me. Can I add to it?

You can add warm-up exercises to the protocol but your warm-up shouldn't take any longer than 10-20 minutes. It is important to stay injury-free, so don't rush into your workout.

15. Why isn't there much exercise variation from week to week?

Changing exercises from week to week is more likely to flatten out the strength progression curve. This is to ensure both progression by adding volume incrementally to these specific movements and mastery of these movements in terms of form and technique. There is large variation in exercise selection between Blocks 1 and 2 to avoid monotony and create a novel training stimulus to finish the program strong.

16. Isn't this too much volume?

Please see "A disclaimer about volume" on page 90.

17. Isn't this too little volume?

Please see "A disclaimer about volume" on page 90.

18. What are the blank boxes in the middle of each program for?

They are for you to track your weights each week, so you can focus on strength progression. Of course, this will only work if you print the program out. The other option would be to keep a notebook and pencil in your lifts each week or use a tracking app. Keeping up with this habit of tracking is going to be an extremely important part of your success with this program.

19. What is best to do once I complete the program?

After you've tested your AMRAPs in Week 10, you have the option of running back through the program again, using your new maxes. Another option would be to use the principles laid out in this program to design your own routine, tailored to your specific goals and weak points. Of course, if you're looking to run a program of similar difficulty, I'd recommend checking out my Push Pull Legs or Upper Lower programs if you haven't already. Feel free to contact my coaching team if you would like some suggestions or guidance moving forward.

Please direct all other questions to my coaching team through the contact form on my website. Please avoid directing questions about this program to my social media, as it is not a reliable means of making contact with me or getting the correct information.

WARMUP

Warmups serve an important purpose for any training program, but are particularly crucial when running a high frequency full body program. Before we look at exactly how you should warm-up, it's important to consider what warming up serves to accomplish.

The main purpose behind warming up is to increase core body temperature, which improves performance and reduces risk of injury [6, 7]. Your circadian rhythm will largely determine your core body temperature, meaning it varies throughout the day. When you wake up, your core temperature is at its lowest and it increases throughout the day. There seems to be a "sweet spot" for core body temperature in terms of safety and performance, so try not to train too hot or too cold. Generally speaking, breaking a light sweat through some form of cardio activity/machine is a good idea before jumping into any heavy lifting. Doing at least 5-10 minutes of low-moderate intensity cardio is especially prudent if you train early in the morning [8].

Warmups may also serve as a way to increase muscle activation. Dynamic warmup drills (active stretches that take joints through a range of motion)

can improve performance and force output [9]. Don't simply "go through the motions." The goal is to always be very mindful about what muscles are contracting and what movement that contraction is creating.

Lastly, foam rolling has been shown to reduce DOMS (delayed onset muscle soreness) [2] and brief foam rolling with a specific focus on "tight areas" before a session can both improve range of motion [10] and prevent injury [11]. Light foam rolling for two to three minutes prior to lifting is recommended.

Before the first exercise for each bodypart perform a basic loading pyramid:

Pyramid up in weight with three to four light sets, getting progressively heavier. Such a warmup is only required for Primary Exercises

For example, if you were working up to four sets of 350 lbs for five reps on the squat, you could warm up as follows:

- Bar (45 lbs) x 15 reps
- 135 lbs x 5 reps
- 225 lbs x 4 reps
- 275 lbs x 3 reps
- 315 lbs x 2 reps
- Then begin working sets with 350 lbs for 5 reps

On a %1RM basis, warm up pyramids can be structured like this:

- Bar (45 lbs) x 15 reps
- 40% lbs x 5 reps
- 50% lbs x 4 reps
- 60% lbs x 3 reps
- 70-75% lbs x 2 reps
- Begin working sets

Note: Remember that such an extensive warm up is only required for Primary Exercises.

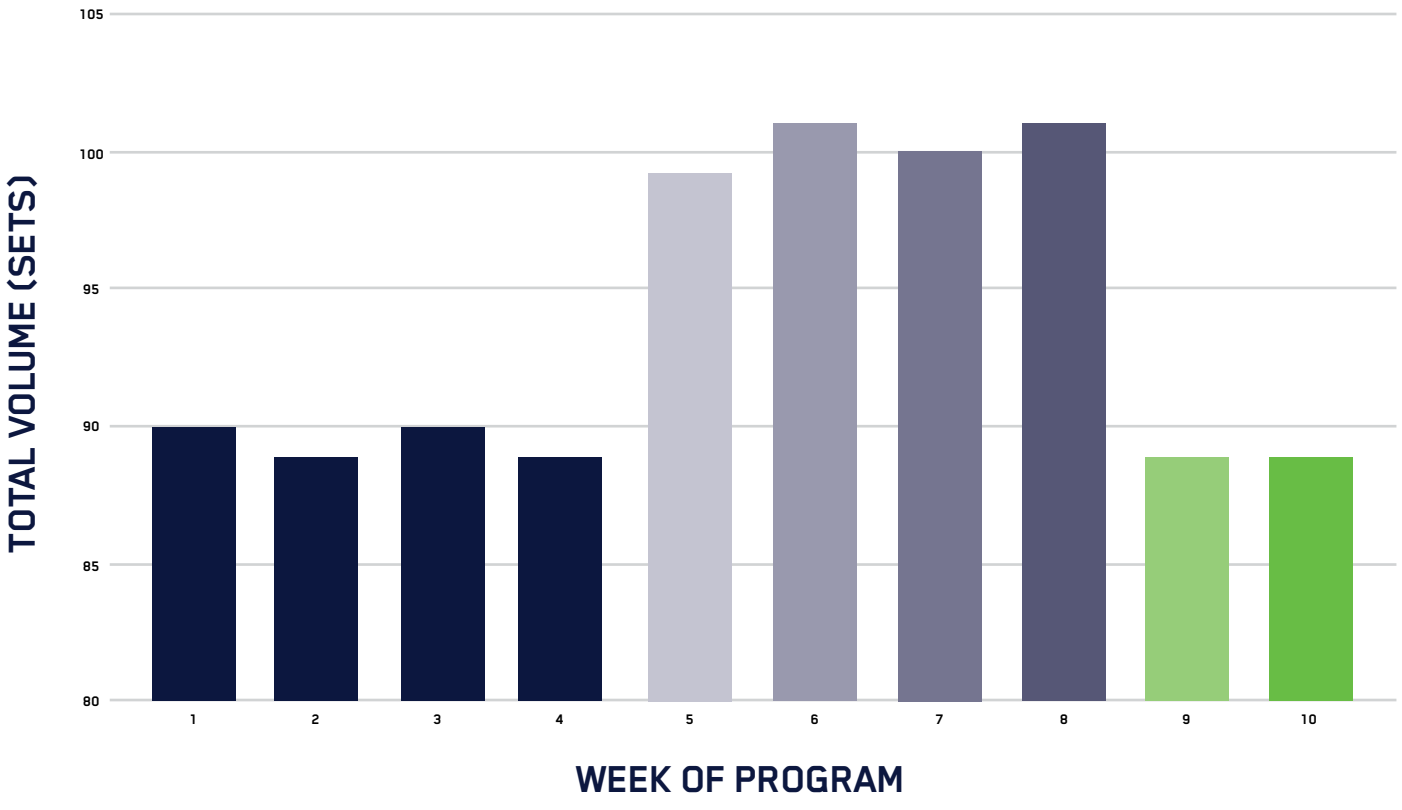
WARMUP PROTOCOL

EXERCISE	SETS	REPS/TIME	NOTES
LOW INTENSITY CARDIO	N/A	5-10MIN	PICK ANY MACHINE WHICH ELEVATES YOUR HEART RATE TO 100-135BPM
FOAM ROLLING/LACROSSE BALL	N/A	2-3MIN	FOAM ROLL LARGE MUSCLE GROUPS: QUADS, LATS, CALVES. OPTIONALLY USE A LACROSSE BALL FOR SMALLER MUSCLE GROUPS: PECS, DELTS, HAMSTRINGS
FRONT/BACK LEG SWING	2	12	12 EACH LEG
SIDE/SIDE LEG SWING	2	12	12 EACH LEG
STANDING GLUTE SQUEEZE	2	15 SEC	SQUEEZE YOUR GLUTES AS HARD AS POSSIBLE
PRONE TRAP RAISE	2	15	MIND MUSCLE CONNECTION WITH MID BACK
CABLE EXTERNAL ROTATION	2	15	15 EACH SIDE
CABLE INTERNAL ROTATION	2	15	15 EACH SIDE
OVERHEAD SHRUG	2	15	LIGHT SQUEEZE ON TRAPS AT THE TOP OF EACH REP

WEEKLY VOLUME (SETS)

WEEK	TOTAL VOLUME
1	90
2	88
3	90
4	88
5	99
6	101
7	100
8	101
9	88
10	88

TOTAL WEEKLY VOLUME OF PROGRAM



VOLUME ANALYTICS

WEEKLY VOLUMES	1	2	3	4	5	6	7	8	9	10
	BLOCK 1: WEEK 1	BLOCK 1: WEEK 2	BLOCK 1: WEEK 3	BLOCK 1: WEEK 4	BLOCK 2: WEEK 5	BLOCK 2: WEEK 6	BLOCK 2: WEEK 7	BLOCK 2: WEEK 8	DELOAD WEEK 9	AMRAMP WEEK 10
CHEST	11	11	11	11	12	12	12	13	11	11
UPPER BACK	9	9	9	9	11	11	11	11	9	9
LATS	6	6	6	6	6	7	6	7	6	6
BICEPS	6	6	6	6	8	8	8	8	6	6
TRICEPS	6	6	6	6	4	4	4	4	6	6
DELTS	19	19	19	19	23	24	24	26	19	19
UPPER TRAPS	7	6	7	6	7	7	7	5	6	6
QUADS	10	9	10	9	11	12	11	11	10	9
HAMSTRINGS	11	10	11	10	11	11	11	9	9	10
GLUTES	18	16	18	16	19	19	19	17	16	16
CALVES	6	6	6	6	6	6	6	6	6	6
ABS	6	6	6	6	6	6	6	6	6	6
TOTAL	115	110	115	110	124	127	125	123	110	110

BODYPART VOLUME DEFINITIONS

Below is a list of exercises we will count for each bodypart in determining the volume analytics on the previous pages. For this program, we are not counting indirect bicep and tricep work (such as vertical pulls and presses) toward volume metrics for these muscles. We will only count working sets and not warmup sets toward weekly volumes per bodypart.

Chest: Dumbbell Incline Press, Barbell Bench Press, Low to High Cable Flye, Dip, Push Up, Low Incline Dumbbell Press, Decline Bench Press

Upper Back: Chest-Supported T-Bar Row, Humble Row, Seated Face Pull, Cable Seated Row, Dumbbell Row, Banded Chest-Supported T-Bar Row, Reverse Pec Deck, Pendlay Row

Lats: Pronated Pulldown, Weighted Pull-Up, Cable Pull-Over, Pull-Up, Chin-Up

Biceps: Supinated EZ Bar Curl, Hammer Curl, Incline Dumbbell Curl, Cable Single-Arm Curl, EZ Bar Curl 21s

Triceps: Triceps Pressdown, EZ Bar Skull Crusher, Overhead Triceps Extension

Delts: Dumbbell Incline Press, Barbell Bench Press, Arnold Press, Cable Rope Upright Row, Dumbbell Lateral Raise, Overhead Press, Egyptian Lateral Raise, Barbell Overhead Press, Cable Lateral Raise, Low Incline Dumbbell Press

Upper Traps: Hex Bar or Smith Machine Shrug, Deadlift

Quads: Back Squat, Leg Press, Leg Extension, Single-Leg Leg Press

Hamstrings: Lying Leg Curl, (RDL), Deadlift, Glute Ham Raise, Swiss Ball Leg Curl

Glutes: Back Squat, Barbell Hip Thrust or RDL, Leg Press, Deadlift, Glute Ham Raise, Seated Hip Abduction, Single-Leg Leg Press

Calves: Standing Calf Raises, Eccentric-Accentuated Standing Calf Raises

Abs: Hanging Leg Raises, Bicycle Crunch, Ab Wheel Rollout, Cable Crunch

HIGH FREQUENCY
FULL BODY PROGRAM

WEEK 1

(BLOCK 1)

JEFF NIPPARD'S - HIGH FREQUENCY FULL BODY PROGRAM

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	BACK SQUAT	3	4	4	77.5%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	DUMBBELL INCLINE PRESS	2	3	8	RPE8	2-3 MIN					~45 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	LYING LEG CURL	1	3	10	RPE6	1-2 MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
	PRONATED PULLDOWN	1	3	10	RPE7	2-3 MIN					PULL YOUR ELBOWS DOWN AND IN	
	SEATED HIP ABDUCTION	1	3	20	RPE7	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	SUPINATED EZ BAR CURL	1	3	15/15	RPE9	1-2 MIN					DROPSET. DROP WEIGHT BY ~50% ON SECOND 15 REPS. 30 REPS TOTAL.	
	STANDING CALF RAISE	1	3	8	RPE7	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	3	85%	2-4 MIN					SET UP A COMFORTABLE ARCH, 1-2 SECOND PAUSE ON CHEST, EXPLODE OFF CHEST WITH MAX FORCE	
	LOW TO HIGH CABLE FLYE	0	3	15	RPE8	1-2 MIN					START WITH YOUR HANDS OUT TO YOUR SIDES AND PALMS FACING THE CEILING, FOCUS ON PULLING YOUR ELBOWS UP AND IN WHILE ROTATING YOUR PALMS TO FACE THE FLOOR	
	BARBELL HIP THRUST OR RDL	2	4	12	RPE6	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	CHEST-SUPPORTED T-BAR ROW	1	3	15	RPE6	1-3 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AT THE TOP, LET THEM ROUND FORWARD AT THE BOTTOM	
	ARNOLD PRESS	0	3	10	RPE7	1-3 MIN					START WITH YOUR ELBOWS IN FRONT OF YOU AND PALMS FACING IN. ROTATE THE DUMBBELLS SO THAT YOUR PALMS FACE FORWARD AS YOU PRESS.	
	TRICEP PRESSDOWN	0	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE6	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	6	RPE8	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	HUMBLE ROW	1	3	10	RPE8	2-3 MIN					PIN YOUR LOWER CHEST AGAINST THE TOP OF AN INCLINE BENCH: https://www.instagram.com/p/B5GeRJoBAc1/	
	LEG PRESS	2	3	15	RPE6	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	CABLE ROPE UPRIGHT ROW	0	3	10	RPE7	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	EZ BAR SKULL CRUSHER	1	3	15	RPE7	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	
	HAMMER CURL	0	3	8	RPE9	1-2 MIN					3-SECOND ECCENTRIC. ARC THE DUMBBELL "OUT" NOT "UP", FOCUS ON SQUEEZING YOUR FOREARMS	
	BICYCLE CRUNCH	1	3	15	RPE7	1-2 MIN					FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	DEADLIFT	3	4	2	85%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	OVERHEAD PRESS	3	4	6	75%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	LEG EXTENSION	1	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	DUMBBELL LATERAL RAISE	1	3	20	RPE7	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	ROPE FACE PULL	1	3	20	RPE7	1-2 MIN					PULL YOUR ELBOWS UP AND OUT, SQUEEZE YOUR SHOULDER BLADES TOGETHER	
	STANDING CALF RAISE	1	3	12	RPE7	1-2 MIN					PRESS ONTO YOUR TOES	
	HANGING LEG RAISE	1	3	12	RPE7	1-2 MIN					ROLL HIPS "UP" AS YOU SQUEEZE LOWER ABS, AVOID SWINGING	
	PUSH UP	0	2	RPE ONLY	RPE6	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	

HIGH FREQUENCY
FULL BODY PROGRAM

WEEK 2

(BLOCK 1)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	BACK SQUAT	3	3	6	77.5%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	DUMBBELL INCLINE PRESS	2	3	8	RPE8	2-3 MIN					-45 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	LYING LEG CURL	1	3	10	RPE6	1-2 MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
	PRONATED PULLDOWN	1	3	10	RPE7	2-3 MIN					PULL YOUR ELBOWS DOWN AND IN	
	SEATED HIP ABDUCTION	1	3	20	RPE7	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	SUPINATED EZ BAR CURL	1	3	15/15	RPE9	1-2 MIN					DROPSET. DROP WEIGHT BY -50% ON SECOND 15 REPS. 30 REPS TOTAL.	
	STANDING CALF RAISE	1	3	8	RPE7	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	5	80%	2-4 MIN					SET UP A COMFORTABLE ARCH, 1-2 SECOND PAUSE ON CHEST, EXPLODE OFF CHEST WITH MAX FORCE	
	LOW TO HIGH CABLE FLYE	0	3	15	RPE8	1-2 MIN					START WITH YOUR HANDS OUT TO YOUR SIDES AND PALMS FACING THE CEILING, FOCUS ON PULLING YOUR ELBOWS UP AND IN WHILE ROTATING YOUR PALMS TO FACE THE FLOOR	
	BARBELL HIP THRUST OR RDL	2	4	12	RPE6	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	CHEST-SUPPORTED T-BAR ROW	1	3	15	RPE6	1-3 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AT THE TOP, LET THEM ROUND FORWARD AT THE BOTTOM	
	ARNOLD PRESS	0	3	10	RPE7	1-3 MIN					START WITH YOUR ELBOWS IN FRONT OF YOU AND PALMS FACING IN. ROTATE THE DUMBBELLS SO THAT YOUR PALMS FACE FORWARD AS YOU PRESS.	
	TRICEP PRESSDOWN	0	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE6	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	6	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	HUMBLE ROW	1	3	10	RPE8	2-3 MIN					PIN YOUR LOWER CHEST AGAINST THE TOP OF AN INCLINE BENCH: https://www.instagram.com/p/B5GeRJoBAc1/	
	LEG PRESS	2	3	15	RPE6	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	CABLE ROPE UPRIGHT ROW	0	3	10	RPE7	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	EZ BAR SKULL CRUSHER	1	3	15	RPE7	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	
	HAMMER CURL	0	3	8	RPE9	1-2 MIN					3-SECOND ECCENTRIC. ARC THE DUMBBELL "OUT" NOT "UP", FOCUS ON SQUEEZING YOUR FOREARMS	
	BICYCLE CRUNCH	1	3	15	RPE7	1-2 MIN					FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	RESET DEADLIFT	3	3	5	80%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	OVERHEAD PRESS	3	4	10	65%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	LEG EXTENSION	1	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	DUMBBELL LATERAL RAISE	1	3	20	RPE7	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	ROPE FACE PULL	1	3	20	RPE7	1-2 MIN					PULL YOUR ELBOWS UP AND OUT, SQUEEZE YOUR SHOULDER BLADES TOGETHER	
	STANDING CALF RAISE	1	3	12	RPE7	1-2 MIN					PRESS ONTO YOUR TOES	
	HANGING LEG RAISE	1	3	12	RPE7	1-2 MIN					ROLL HIPS "UP" AS YOU SQUEEZE LOWER ABS, AVOID SWINGING	
	PUSH UP	0	2	RPE ONLY	RPE6	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	

HIGH FREQUENCY
FULL BODY PROGRAM

WEEK 3

(BLOCK 1)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	BACK SQUAT	3	4	4	80%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	DUMBBELL INCLINE PRESS	2	3	8	RPE9	2-3 MIN					~45 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	LYING LEG CURL	1	3	10	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
	PRONATED PULLDOWN	1	3	10	RPE7	2-3 MIN					PULL YOUR ELBOWS DOWN AND IN	
	SEATED HIP ABDUCTION	1	3	20	RPE7	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	SUPINATED EZ BAR CURL	1	3	15/15	RPE10	1-2 MIN					DROPSET. DROP WEIGHT BY ~50% ON SECOND 15 REPS. 30 REPS TOTAL.	
	STANDING CALF RAISE	1	3	8	RPE7	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	3	85%	2-4 MIN					SET UP A COMFORTABLE ARCH, 1-2 SECOND PAUSE ON CHEST, EXPLODE OFF CHEST WITH MAX FORCE	
	LOW TO HIGH CABLE FLYE	0	3	15	RPE9	1-2 MIN					START WITH YOUR HANDS OUT TO YOUR SIDES AND PALMS FACING THE CEILING, FOCUS ON PULLING YOUR ELBOWS UP AND IN WHILE ROTATING YOUR PALMS TO FACE THE FLOOR	
	BARBELL HIP THRUST OR RDL	2	4	12	RPE7	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	CHEST-SUPPORTED T-BAR ROW	1	3	15	RPE7	1-3 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AT THE TOP, LET THEM ROUND FORWARD AT THE BOTTOM	
	ARNOLD PRESS	0	3	10	RPE7	1-3 MIN					START WITH YOUR ELBOWS IN FRONT OF YOU AND PALMS FACING IN. ROTATE THE DUMBBELLS SO THAT YOUR PALMS FACE FORWARD AS YOU PRESS.	
	TRICEP PRESSDOWN	0	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE7	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	6	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	HUMBLE ROW	1	3	10	RPE9	2-3 MIN					PIN YOUR LOWER CHEST AGAINST THE TOP OF AN INCLINE BENCH: https://www.instagram.com/p/B5GeRJoBAc1/	
	LEG PRESS	2	3	15	RPE7	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	CABLE ROPE UPRIGHT ROW	0	3	10	RPE7	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	EZ BAR SKULL CRUSHER	1	3	15	RPE7	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	
	HAMMER CURL	0	3	8	RPE9	1-2 MIN					3-SECOND ECCENTRIC. ARC THE DUMBBELL "OUT" NOT "UP", FOCUS ON SQUEEZING YOUR FOREARMS	
	BICYCLE CRUNCH	1	3	15	RPE7	1-2 MIN					FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	DEADLIFT	3	4	2	87.5%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	OVERHEAD PRESS	3	4	6	77.5%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	LEG EXTENSION	1	3	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	DUMBBELL LATERAL RAISE	1	3	20	RPE7	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	ROPE FACE PULL	1	3	20	RPE7	1-2 MIN					PULL YOUR ELBOWS UP AND OUT, SQUEEZE YOUR SHOULDER BLADES TOGETHER	
	STANDING CALF RAISE	1	3	12	RPE7	1-2 MIN					PRESS ONTO YOUR TOES	
	HANGING LEG RAISE	1	3	12	RPE7	1-2 MIN					ROLL HIPS "UP" AS YOU SQUEEZE LOWER ABS, AVOID SWINGING	
	PUSH UP	0	2	RPE ONLY	RPE7	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	

HIGH FREQUENCY
FULL BODY PROGRAM

WEEK 4

(BLOCK 1)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	BACK SQUAT	3	3	5	80%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	DUMBBELL INCLINE PRESS	2	3	8	RPE9	2-3 MIN					-45 DEGREE INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	LYING LEG CURL	1	3	10	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
	PRONATED PULLDOWN	1	3	10	RPE8	2-3 MIN					PULL YOUR ELBOWS DOWN AND IN	
	SEATED HIP ABDUCTION	1	3	20	RPE8	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	SUPINATED EZ BAR CURL	1	3	15/15	RPE10	1-2 MIN					DROPSET. DROP WEIGHT BY ~50% ON SECOND 15 REPS. 30 REPS TOTAL.	
	STANDING CALF RAISE	1	3	8	RPE8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	5	80%	2-4 MIN					SET UP A COMFORTABLE ARCH, 1-2 SECOND PAUSE ON CHEST, EXPLODE OFF CHEST WITH MAX FORCE	
	LOW TO HIGH CABLE FLYE	0	3	15	RPE9	1-2 MIN					START WITH YOUR HANDS OUT TO YOUR SIDES AND PALMS FACING THE CEILING, FOCUS ON PULLING YOUR ELBOWS UP AND IN WHILE ROTATING YOUR PALMS TO FACE THE FLOOR	
	BARBELL HIP THRUST OR RDL	2	4	12	RPE8	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	CHEST-SUPPORTED T-BAR ROW	1	3	15	RPE8	1-3 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AT THE TOP, LET THEM ROUND FORWARD AT THE BOTTOM	
	ARNOLD PRESS	0	3	10	RPE8	1-3 MIN					START WITH YOUR ELBOWS IN FRONT OF YOU AND PALMS FACING IN. ROTATE THE DUMBBELLS SO THAT YOUR PALMS FACE FORWARD AS YOU PRESS.	
	TRICEP PRESSDOWN	0	3	15	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE8	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	6	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	HUMBLE ROW	1	3	10	RPE9	2-3 MIN					PIN YOUR LOWER CHEST AGAINST THE TOP OF AN INCLINE BENCH: https://www.instagram.com/p/B5GeRJoBAc1/	
	LEG PRESS	2	3	15	RPE8	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	CABLE ROPE UPRIGHT ROW	0	3	10	RPE8	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	EZ BAR SKULL CRUSHER	1	3	15	RPE8	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	
	HAMMER CURL	0	3	8	RPE9	1-2 MIN					3-SECOND ECCENTRIC. ARC THE DUMBBELL "OUT" NOT "UP", FOCUS ON SQUEEZING YOUR FOREARMS	
	BICYCLE CRUNCH	1	3	15	RPE8	1-2 MIN					FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	RESET DEADLIFT	3	3	5	80%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	OVERHEAD PRESS	3	4	10	67.5%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	LEG EXTENSION	1	3	15	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	DUMBBELL LATERAL RAISE	1	3	20	RPE8	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	ROPE FACE PULL	1	3	20	RPE8	1-2 MIN					PULL YOUR ELBOWS UP AND OUT, SQUEEZE YOUR SHOULDER BLADES TOGETHER	
	STANDING CALF RAISE	1	3	12	RPE8	1-2 MIN					PRESS ONTO YOUR TOES	
	HANGING LEG RAISE	1	3	12	RPE8	1-2 MIN					ROLL HIPS "UP" AS YOU SQUEEZE LOWER ABS, AVOID SWINGING	
	PUSH UP	0	2	RPE ONLY	RPE8	1-2 MIN					PERFORM AS MANY REPS AS YOU CAN TO HIT TARGET RPE	

HIGH FREQUENCY
FULL BODY PROGRAM

WEEK 5

(BLOCK 2)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	[TOPSET] BACK SQUAT	3	1	3-5	87.5%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	[BACK OFF] BACK SQUAT	0	2	5	75%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	BARBELL OVERHEAD PRESS	2	4	6	80%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	SWISS BALL LEG CURL	1	3	10	RPE7	1-2 MIN					PREVENT YOUR HIPS FROM TOUCHING THE GROUND. DIG YOUR HEELS INTO THE BALL	
	CHIN-UP	1	3	8	RPE7	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	SEATED HIP ABDUCTION	1	4	20	RPE7	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	SUPINATED EZ BAR CURL	1	4	10+2	RPE10	1-2 MIN					10 REPS WITH GOOD CONTROL + 2 REPS WITH MODERATE CHEATING/MOMENTUM	
	ECCENTRIC-ACCENTUATED STANDING CALF RAISE	1	3	8	RPE7	1-2 MIN					PRESS ONTO YOUR TOES. 4-SECOND ECCENTRIC	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	3	87.5%	2-4 MIN					ELBOWS AT A 45° ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	LOW INCLINE DUMBBELL PRESS	0	3	15	RPE8	1-2 MIN					15° BENCH ANGLE. TUCK YOUR ELBOWS	
	BARBELL HIP THRUST OR RDL	2	4	12	RPE7	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	DUMBBELL ROW	1	4	12	RPE7	1-3 MIN					PULL THE DUMBBELL TO YOUR HIP	
	CABLE ROPE UPRIGHT ROW	0	3	10	RPE7	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	OVERHEAD TRICEP EXTENSION	0	4	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE7	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	6	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	BANDED CHEST-SUPPORTED T-BAR ROW	1	4	10	RPE8	2-3 MIN					BE EXPLOSIVE AT THE BOTTOM, DRIVE ELBOWS BACK HARD!	
	SINGLE-LEG LEG PRESS	2	4	15	RPE7	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	DECLINE BENCH PRESS	2	4	8	RPE7	2-3 MIN					CONSTANT TENSION REPS, TOUCH BAR TO CHEST	
	CABLE LATERAL RAISE	1	3	8	RPE8	1-2 MIN					SWING THE WEIGHT "OUT", NOT "UP"	
	CABLE SINGLE-ARM CURL	0	4	8	RPE7	1-2 MIN					KEEP YOUR SHOULDER JOINT HYPEREXTENDED (ELBOW BEHIND TORSO)	
	CABLE CRUNCH	1	3	15	RPE7	1-2 MIN					FOCUS ON FLEXING YOUR SPINE. AVOID YANKING WITH YOUR ARMS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	[TOPSET] DEADLIFT	3	1	2	90%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	[BACK OFF] RESET DEADLIFT	0	3	2	80%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	OVERHEAD PRESS	3	4	8	80%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	LEG EXTENSION	1	4	12	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	DUMBBELL LATERAL RAISE	1	3	20	RPE7	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	REVERSE PEC DECK	1	3	20	RPE7	1-2 MIN					SWING THE WEIGHT "OUT", NOT "BACK"	
	STANDING CALF RAISE	1	3	12	RPE7	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	AB WHEEL ROLLOUT	1	3	6	RPE7	1-2 MIN					SQUEEZE YOUR GLUTES, DON'T PULL FROM YOUR ARMS	
	PUSH UP	0	2	AMRAP	RPE7	1-2 MIN					SQUEEZE YOUR PECS	

HIGH FREQUENCY
FULL BODY PROGRAM

WEEK 6

(BLOCK 2)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	[TOPSET] BACK SQUAT	3	1	2	90%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	[BACK OFF] BACK SQUAT	0	2	3	85%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	BARBELL OVERHEAD PRESS	2	4	8	75%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	SWISS BALL LEG CURL	1	3	10	RPE7	1-2 MIN					PREVENT YOUR HIPS FROM TOUCHING THE GROUND. DIG YOUR HEELS INTO THE BALL	
	CHIN-UP	1	3	8	RPE7	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	SEATED HIP ABDUCTION	1	4	20	RPE7	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	SUPINATED EZ BAR CURL	1	4	10+2	RPE10	1-2 MIN					10 REPS WITH GOOD CONTROL + 2 REPS WITH MODERATE CHEATING/MOMENTUM	
	ECCENTRIC-ACCENTUATED STANDING CALF RAISE	1	3	8	RPE7	1-2 MIN					PRESS ONTO YOUR TOES. 4-SECOND ECCENTRIC	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	5	85%	2-4 MIN					ELBOWS AT A 45° ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	LOW INCLINE DUMBBELL PRESS	0	3	15	RPE8	1-2 MIN					15° BENCH ANGLE. TUCK YOUR ELBOWS	
	BARBELL HIP THRUST OR RDL	2	4	12	RPE7	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	DUMBBELL ROW	1	4	12	RPE7	1-3 MIN					PULL THE DUMBBELL TO YOUR HIP	
	CABLE ROPE UPRIGHT ROW	0	4	10	RPE7	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	OVERHEAD TRICEP EXTENSION	0	4	15	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE7	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	4	6	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	BANDED CHEST-SUPPORTED T-BAR ROW	1	4	10	RPE8	2-3 MIN					BE EXPLOSIVE AT THE BOTTOM, DRIVE ELBOWS BACK HARD!	
	SINGLE-LEG LEG PRESS	2	4	15	RPE7	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	DECLINE BENCH PRESS	2	4	8	RPE7	2-3 MIN					CONSTANT TENSION REPS, TOUCH BAR TO CHEST	
	CABLE LATERAL RAISE	1	3	8	RPE8	1-2 MIN					SWING THE WEIGHT "OUT", NOT "UP"	
	CABLE SINGLE-ARM CURL	0	4	8	RPE7	1-2 MIN					KEEP YOUR SHOULDER JOINT HYPEREXTENDED (ELBOW BEHIND TORSO)	
	CABLE CRUNCH	1	3	15	RPE7	1-2 MIN					FOCUS ON FLEXING YOUR SPINE. AVOID YANKING WITH YOUR ARMS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	[TOPSET] DEADLIFT	3	1	4	85%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	[BACK OFF] RESET DEADLIFT	0	3	4	75%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	OVERHEAD PRESS	3	4	4	82.5%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	LEG EXTENSION	1	4	12	RPE7	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	DUMBBELL LATERAL RAISE	1	3	20	RPE7	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	REVERSE PEC DECK	1	3	20	RPE7	1-2 MIN					SWING THE WEIGHT "OUT", NOT "BACK"	
	STANDING CALF RAISE	1	3	12	RPE7	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	AB WHEEL ROLLOUT	1	3	12	RPE7	1-2 MIN					SQUEEZE YOUR GLUTES, DON'T PULL FROM YOUR ARMS	
	PUSH UP	0	2	AMRAP	RPE7	1-2 MIN					SQUEEZE YOUR PECS	

HIGH FREQUENCY
FULL BODY PROGRAM

WEEK 7

(BLOCK 2)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	[TOPSET] BACK SQUAT	3	1	6-8	80%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	[BACK OFF] BACK SQUAT	0	2	8	70%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	BARBELL OVERHEAD PRESS	2	4	10	65%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	SWISS BALL LEG CURL	1	3	10	RPE8	1-2 MIN					PREVENT YOUR HIPS FROM TOUCHING THE GROUND. DIG YOUR HEELS INTO THE BALL	
	CHIN-UP	1	3	8	RPE8	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	SEATED HIP ABDUCTION	1	4	20	RPE8	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	SUPINATED EZ BAR CURL	1	4	10+2	RPE10	1-2 MIN					10 REPS WITH GOOD CONTROL + 2 REPS WITH MODERATE CHEATING/MOMENTUM	
	ECCENTRIC-ACCENTUATED STANDING CALF RAISE	1	3	8	RPE8	1-2 MIN					PRESS ONTO YOUR TOES. 4-SECOND ECCENTRIC	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	10	75%	2-4 MIN					ELBOWS AT A 45° ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	LOW INCLINE DUMBBELL PRESS	0	3	15	RPE8	1-2 MIN					15° BENCH ANGLE. TUCK YOUR ELBOWS	
	BARBELL HIP THRUST OR RDL	2	4	12	RPE8	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	DUMBBELL ROW	1	4	12	RPE8	1-3 MIN					PULL THE DUMBBELL TO YOUR HIP	
	CABLE ROPE UPRIGHT ROW	0	4	10	RPE8	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	OVERHEAD TRICEP EXTENSION	0	4	15	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE8	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	6	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	BANDED CHEST-SUPPORTED T-BAR ROW	1	4	10	RPE8	2-3 MIN					BE EXPLOSIVE AT THE BOTTOM, DRIVE ELBOWS BACK HARD!	
	SINGLE-LEG LEG PRESS	2	4	15	RPE8	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	DECLINE BENCH PRESS	2	4	8	RPE7	2-3 MIN					CONSTANT TENSION REPS, TOUCH BAR TO CHEST	
	CABLE LATERAL RAISE	1	3	8	RPE8	1-2 MIN					SWING THE WEIGHT "OUT", NOT "UP"	
	CABLE SINGLE-ARM CURL	0	4	8	RPE8	1-2 MIN					KEEP YOUR SHOULDER JOINT HYPEREXTENDED (ELBOW BEHIND TORSO)	
	CABLE CRUNCH	1	3	15	RPE8	1-2 MIN					FOCUS ON FLEXING YOUR SPINE. AVOID YANKING WITH YOUR ARMS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	[TOPSET] DEADLIFT	3	1	6	80%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	[BACK OFF] RESET DEADLIFT	0	3	6	70%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	OVERHEAD PRESS	3	4	6	80%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	LEG EXTENSION	1	4	12	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	DUMBBELL LATERAL RAISE	1	3	20	RPE8	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	REVERSE PEC DECK	1	3	20	RPE8	1-2 MIN					SWING THE WEIGHT "OUT", NOT "BACK"	
	STANDING CALF RAISE	1	3	12	RPE8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	AB WHEEL ROLLOUT	1	3	12	RPE8	1-2 MIN					SQUEEZE YOUR GLUTES, DON'T PULL FROM YOUR ARMS	
	PUSH UP	0	2	AMRAP	RPE8	1-2 MIN					SQUEEZE YOUR PECS	

HIGH FREQUENCY
FULL BODY PROGRAM

WEEK 8

(BLOCK 2)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	[TOPSET] BACK SQUAT	3	1	2	92.5%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	[BACK OFF] BACK SQUAT	0	2	2	85%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	BARBELL OVERHEAD PRESS	2	4	5	80%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	SWISS BALL LEG CURL	1	3	10	RPE8	1-2 MIN					PREVENT YOUR HIPS FROM TOUCHING THE GROUND. DIG YOUR HEELS INTO THE BALL	
	CHIN-UP	1	3	8	RPE8	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	SEATED HIP ABDUCTION	1	4	20	RPE8	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	SUPINATED EZ BAR CURL	1	4	10+2	RPE10	1-2 MIN					10 REPS WITH GOOD CONTROL + 2 REPS WITH MODERATE CHEATING/MOMENTUM	
	ECCENTRIC-ACCENTUATED STANDING CALF RAISE	1	3	8	RPE8	1-2 MIN					PRESS ONTO YOUR TOES. 4-SECOND ECCENTRIC	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	4	2	90%	2-4 MIN					ELBOWS AT A 45° ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	LOW INCLINE DUMBBELL PRESS	0	3	15	RPE8	1-2 MIN					15° BENCH ANGLE. TUCK YOUR ELBOWS	
	BARBELL HIP THRUST OR RDL	2	4	12	RPE8	2-3 MIN					HIP THRUST IF GLUTES ARE PRIORITY, RDL IF HAMSTRINGS ARE PRIORITY FOR YOU. FOCUS ON MIND MUSCLE CONNECTION.	
	DUMBBELL ROW	1	4	12	RPE8	1-3 MIN					PULL THE DUMBBELL TO YOUR HIP	
	CABLE ROPE UPRIGHT ROW	0	4	10	RPE8	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	OVERHEAD TRICEP EXTENSION	0	4	15	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE8	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	4	6	RPE9	2-3 MIN					1.5X SHOULDER WIDTH GRIP, PULL YOUR CHEST TO THE BAR	
	BANDED CHEST-SUPPORTED T-BAR ROW	1	4	10	RPE8	2-3 MIN					BE EXPLOSIVE AT THE BOTTOM, DRIVE ELBOWS BACK HARD!	
	SINGLE-LEG LEG PRESS	2	4	15	RPE8	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	DECLINE BENCH PRESS	2	4	8	RPE8	2-3 MIN					CONSTANT TENSION REPS, TOUCH BAR TO CHEST	
	CABLE LATERAL RAISE	1	3	8	RPE8	1-2 MIN					SWING THE WEIGHT "OUT", NOT "UP"	
	CABLE SINGLE-ARM CURL	0	4	8	RPE8	1-2 MIN					KEEP YOUR SHOULDER JOINT HYPEREXTENDED (ELBOW BEHIND TORSO)	
	CABLE CRUNCH	1	3	15	RPE8	1-2 MIN					FOCUS ON FLEXING YOUR SPINE. AVOID YANKING WITH YOUR ARMS	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	[TOPSET] DEADLIFT	3	1	2	95%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	[BACK OFF] RESET DEADLIFT	0	1	3	85%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	OVERHEAD PRESS	3	5	3	87.5%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	LEG EXTENSION	1	4	12	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	DUMBBELL LATERAL RAISE	1	3	20	RPE8	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	REVERSE PEC DECK	1	3	20	RPE8	1-2 MIN					SWING THE WEIGHT "OUT", NOT "BACK"	
	STANDING CALF RAISE	1	3	12	RPE8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	AB WHEEL ROLLOUT	1	3	12	RPE8	1-2 MIN					SQUEEZE YOUR GLUTES, DON'T PULL FROM YOUR ARMS	
	PUSH UP	0	2	AMRAP	RPE8	1-2 MIN					SQUEEZE YOUR PECS	

HIGH FREQUENCY
FULL BODY PROGRAM

WEEK 9

(DELOAD)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	BACK SQUAT	3	4	4	75%	2-4 MIN					SIT BACK AND DOWN, 15° TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	BARBELL BENCH PRESS	2	3	4	70%	2-3 MIN					ELBOWS AT A 45° ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	LYING LEG CURL	1	3	10	RPE6	1-2 MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
	PRONATED PULLDOWN	1	3	10	RPE6	2-3 MIN					PULL YOUR ELBOWS DOWN AND IN	
	SEATED HIP ABDUCTION	1	3	20	RPE6	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	SUPINATED EZ BAR CURL	1	3	10	RPE6	1-2 MIN					PRESS YOUR PINKY INTO THE BAR HARDER THAN YOUR POINTER FINGER	
	STANDING CALF RAISE	1	3	8	RPE6	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	3	3	80%	2-4 MIN					ELBOWS AT A 45° ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	LOW TO HIGH CABLE FLYE	0	3	15	RPE6	1-2 MIN					START WITH YOUR HANDS OUT TO YOUR SIDES AND PALMS FACING THE CEILING, FOCUS ON PULLING YOUR ELBOWS UP AND IN WHILE ROTATING YOUR PALMS TO FACE THE FLOOR	
	DEADLIFT	2	3	3	75%	2-3 MIN					EXPLOSIVE REPS OFF THE FLOOR - SHOULD FEEL LIGHT AND FAST	
	CHEST-SUPPORTED T-BAR ROW	1	3	15	RPE6	1-3 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AT THE TOP, LET THEM ROUND FORWARD AT THE BOTTOM	
	DUMBBELL LATERAL RAISE	0	3	10	RPE6	1-3 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	TRICEP PRESSDOWN	0	3	15	RPE6	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE6	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WIIDE GRIP LAT PULLDOWN	2	3	6	RPE6	2-3 MIN					PULL WITH YOUR CHEST TO THE BAR	
	CHEST SUPPORTED T BAR ROW	1	3	10	RPE6	2-3 MIN					FOCUS ON RETRACTION, TRANSVERSE ABDUCTION	
	LEG PRESS	2	3	12	RPE6	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	CABLE ROPE UPRIGHT ROW	0	3	10	RPE6	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	EZ BAR SKULL CRUSHER	1	3	15	RPE6	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	
	HAMMER CURL	0	3	8	RPE6	1-2 MIN					3-SECOND ECCENTRIC. ARC THE DUMBBELL "OUT" NOT "UP", FOCUS ON SQUEEZING YOUR FOREARMS	
	BICYCLE CRUNCH	1	3	15	RPE6	1-2 MIN					FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	DEADLIFT	3	3	2	80%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	OVERHEAD PRESS	3	4	6	75%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	LEG EXTENSION	1	3	15	RPE6	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	DUMBBELL LATERAL RAISE	1	3	20	RPE6	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	ROPE FACE PULL	1	3	20	RPE6	1-2 MIN					PULL YOUR ELBOWS UP AND OUT, SQUEEZE YOUR SHOULDER BLADES TOGETHER	
	STANDING CALF RAISE	1	3	12	RPE6	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	CABLE CRUNCH	1	3	12	RPE6	1-2 MIN					FOCUS ON FLEXING YOUR LOWER BACK	
	PUSH UP	0	2	AMRAP	RPE6	1-2 MIN					SQUEEZE YOUR PECS	

HIGH FREQUENCY
FULL BODY PROGRAM

WEEK 10

(AMRAPS)

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 1 LOWER FOCUSED FULL BODY	TOPSET: BACK SQUAT	3	1	AMRAP	90%	2-4 MIN					AS MANY REPS AS POSSIBLE (AMRAP) - ALWAYS USE A SPOTTER AND GOOD TECHNIQUE	
	BACK SQUAT	0	2	6	75%	2-4 MIN					SIT BACK AND DOWN, 15˚ TOE FLARE, DRIVE YOUR KNEES OUT LATERALLY	
	DUMBBELL INCLINE PRESS	2	3	8	RPE5	2-3 MIN					VERY LIGHT WEIGHT - AVOID INTERFERENCE WITH BENCH AMRAP TOMORROW	
	LYING LEG CURL	1	3	10	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR HAMSTRINGS TO MOVE THE WEIGHT	
	PRONATED PULLDOWN	1	3	10	RPE8	2-3 MIN					PULL YOUR ELBOWS DOWN AND IN	
	SEATED HIP ABDUCTION	1	3	20	RPE8	1-2 MIN					FOCUS ON DRIVING YOUR KNEES OUT	
	SUPINATED EZ BAR CURL	1	3	10	RPE9	1-2 MIN					PRESS YOUR PINKY INTO THE BAR HARDER THAN YOUR POINTER FINGER	
	STANDING CALF RAISE	1	3	8	RPE8	1-2 MIN					1-2 SECOND PAUSE AT THE BOTTOM OF EACH REP	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 2 CHEST FOCUSED FULL BODY	BARBELL BENCH PRESS	3	1	AMRAP	90%	2-4 MIN					AS MANY REPS AS POSSIBLE (AMRAP) - ALWAYS USE A SPOTTER AND GOOD TECHNIQUE	
	BARBELL BENCH PRESS	0	2	5	75%	2-4 MIN					ELBOWS AT A 45˚ ANGLE. SQUEEZE YOUR SHOULDER BLADES AND STAY FIRM ON THE BENCH	
	LOW TO HIGH CABLE FLYE	0	3	15	RPE 9	1-2 MIN					START WITH YOUR HANDS OUT TO YOUR SIDES AND PALMS FACING THE CEILING, FOCUS ON PULLING YOUR ELBOWS UP AND IN WHILE ROTATING YOUR PALMS TO FACE THE FLOOR	
	BARBELL HIP THRUST OR RDL	2	4	12	RPE5	2-3 MIN					VERY LIGHT WEIGHT TO AVOID INTERFERENCE WITH DEADLIFT AMRAPS ON DAY 4	
	CHEST-SUPPORTED T-BAR ROW	1	3	15	RPE8	1-3 MIN					SQUEEZE YOUR SHOULDER BLADES TOGETHER AT THE TOP, LET THEM ROUND FORWARD AT THE BOTTOM	
	ARNOLD PRESS	0	3	10	RPE8	1-3 MIN					START WITH YOUR ELBOWS IN FRONT OF YOU AND PALMS FACING IN. ROTATE THE DUMBBELLS SO THAT YOUR PALMS FACE FORWARD AS YOU PRESS.	
	TRICEP PRESSDOWN	0	3	15	RPE9	1-2 MIN					FOCUS ON SQUEEZING YOUR TRICEPS TO MOVE THE WEIGHT	
	HEX BAR OR SMITH MACHINE SHRUG	1	3	12	RPE10	1-2 MIN					SHRUG UP AND IN, PULL SHOULDERS UP TO EARS!	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 3 BACK FOCUSED FULL BODY	WEIGHTED PULL-UP	2	3	6	RPE9	2-3 MIN					PULL WITH YOUR CHEST TO THE BAR	
	HUMBLE ROW	1	3	10	RPE 8	2-3 MIN					PIN YOUR LOWER CHEST AGAINST THE TOP OF AN INCLINE BENCH: https://www.instagram.com/p/B5GeRJoBAc1/	
	LEG PRESS	2	3	15	RPE8	2-3 MIN					LOW/MEDIUM/HIGH FOOT PLACEMENT, DON'T ALLOW YOUR LOWER BACK TO ROUND	
	CABLE ROPE UPRIGHT ROW	0	3	10	RPE8	1-2 MIN					FOCUS ON SQUEEZING THE UPPER TRAPS AT THE TOP	
	EZ BAR SKULL CRUSHER	1	3	15	RP8	1-2 MIN					ARC THE BAR BACK BEHIND YOUR HEAD, KEEP CONSTANT TENSION ON TRICEPS	
	HAMMER CURL	0	3	8	RPE10	1-2 MIN					3-SECOND ECCENTRIC. ARC THE DUMBBELL "OUT" NOT "UP", FOCUS ON SQUEEZING YOUR FOREARMS	
	BICYCLE CRUNCH	1	3	15	RPE8	1-2 MIN					FOCUS ON FLEXING AND ROTATING YOUR SPINE, BRING YOUR LEFT ELBOW TO RIGHT KNEE, RIGHT ELBOW TO LEFT KNEE	

WORKOUT	EXERCISE	# OF WARMUP SETS	# OF WORKING SETS	REPS / DURATION	RPE/%	REST	1	2	3	4	NOTES	LSRPE
DAY 4 LOWER FOCUSED FULL BODY 2	DEADLIFT	3	1	AMRAP	90%	3-5 MIN					AS MANY REPS AS POSSIBLE (AMRAP) - ALWAYS USE A SPOTTER AND GOOD TECHNIQUE	
	RESET DEADLIFT	3	2	5	75%	3-5 MIN					BRACE YOUR LATS, CHEST TALL, HIPS HIGH, PULL THE SLACK OUT OF THE BAR PRIOR TO MOVING IT OFF THE GROUND	
	OVERHEAD PRESS	3	4	10	75-80%	2-3 MIN					SQUEEZE YOUR GLUTES TO KEEP YOUR TORSO UPRIGHT, CLEAR YOUR HEAD OUT OF THE WAY, PRESS UP AND SLIGHTLY BACK	
	LEG EXTENSION	1	3	15	RPE8	1-2 MIN					FOCUS ON SQUEEZING YOUR QUADS TO MOVE THE WEIGHT	
	DUMBBELL LATERAL RAISE	1	3	20	RPE8	1-2 MIN					RAISE THE DUMBBELL "OUT" NOT "UP", MIND MUSCLE CONNECTION WITH MIDDLE FIBERS	
	ROPE FACE PULL	1	3	20	RPE8	1-2 MIN					PULL YOUR ELBOWS UP AND OUT, SQUEEZE YOUR SHOULDER BLADES TOGETHER	
	STANDING CALF RAISE	1	3	12	RPE8	1-2 MIN					PRESS ONTO YOUR TOES	
	CABLE CRUNCH	1	3	12	RPE6	1-2 MIN					FOCUS ON FLEXING YOUR LOWER BACK	
	PUSH UP	0	2	AMRAP	RPE 10	1-2 MIN					SQUEEZE YOUR PECS	

PROGRAM EXPLAINED

What is the best training split? Ask an average gym-goer and he or she will probably say some kind of body part split. Maybe something that looks like this:

Bodypart ("Bro") Split

Monday - Chest

Tuesday - Back

Wednesday - Legs

Thursday – Shoulders/abs

Friday - Arms

Saturday - Rest

Sunday - Rest

Someone a bit more savvy might suggest a push/pull/legs split or upper/lower routine. I think these two splits are more effective because they have you hitting every muscle at least twice per week – a criterion outlined in the scientific literature as being superior for optimizing growth [12].

However, I think the question "what is the BEST split?" is actually somewhat misguided. Even though it is crucial to consider how you organize your training throughout the week to optimize performance, recovery and the other variables for driving growth, there isn't a single "best" way to achieve this for everyone. In fact, the entire point of any training split should be to accomplish the following goals:

- Allow for adherence (i.e. does it fit your schedule?)
- Allow for progression from week to week (and/or month to month)
- Allow for recovery between sessions and between weeks
- Allow for proper weekly volume for progress
- Allow for proper per-session volume for progress
- Allow for appropriate training intensity for growth

If your training split can tick all of these boxes, then it CAN work. With that said, I think there are several potential advantages to the full body split that I will outline below.

THE HIGH FREQUENCY ADVANTAGE

1. MORE MPS SPIKES

The first factor most people turn to when considering the advantages of high frequency training is its impact on muscle protein synthesis (MPS): the synthesis of new muscle proteins. Assuming you eat a reasonable amount of protein within a reasonable time frame after training (on the scale of hours-days, not minutes-hours), your muscles begin to synthesize new muscle tissue through elevated MPS. However, as it turns out, this spike in MPS doesn't last nearly as long as some might hope. Research suggests that MPS remains elevated for only ~48-72 hours after training in beginners, and as short as 24 hours in more experienced lifters [13-15]. This means

that, as someone with substantial weight training experience, the process driving new muscle growth has more or less returned to baseline after about a day or so. Therefore, the theory goes, if you wait a full week before hitting a muscle again, MPS for that muscle is being "wasted" for something like 5-6 days of the week.

Let's take the chest, for example. If we hit the chest on Monday morning, MPS will be elevated in the chest for all of Monday and then will return back to near baseline levels sometime on Tuesday. So rather than leaving MPS at baseline levels for the entire week, we can (in theory) maximize new muscle synthesis by hitting the chest again on Tuesday (and again on Wednesday, Thursday and Friday).

This line of reasoning lead many pioneers to experiment with high frequency training about a decade ago, but more recent evidence has started to call the practical significance of the MPS theory into question. For example, even though acute increases in muscle protein synthesis do seem to correlate with hypertrophy under some circumstances, [15, 16] MPS fails to take into account the other side of the muscle growth equation: muscle protein breakdown (MPB). So simply spiking MPS more often may not actually lead to more muscle growth over time – it's actually more complex than that. To determine whether or not these frequent MPS spikes do, in fact, translate to more muscle growth over time, several long-term training studies have been pooled together via meta-analysis. As it turns out, while the effect is most likely significant when going from hitting each muscle 1x to 2x per week, training with weekly frequencies of three and higher don't seem to add up to much [17-19].

This has led most experts in the field to conclude that frequency should be seen primarily as a tool for managing weekly training volume, rather than a major contributor to hypertrophy on its own. So, long story short, even though we can't totally write off frequent MPS spikes as a non-factor for high frequency training, it probably isn't the major player we once thought it was. On this note, let's turn

our attention to four more prominent and practical advantages of high frequency training.

2. ALLOWS FOR HIGHER WEEKLY VOLUMES

I think one of the main advantages of high frequency training is that in the real world, higher frequencies tend to create higher weekly volumes. Volume (the number of tough, working sets per week) has been described as having a dose-response relationship with hypertrophy in the scientific literature [20], meaning, more weekly volume causes more growth (up to a point). So if a higher training frequency can allow you to perform more weekly volume, all else equal, that should lead to more growth (again, up to a point). And this does seem to be the way it works out. After all, if you only hit your shoulders once a week, you have to cram ALL your weekly volume into a single workout.

3. ALLOWS FOR HIGHER QUALITY VOLUMES

Not only will higher frequencies generally allow for higher weekly volumes, they also tend to allow for higher quality volume per training session. The main reason for this is that you will typically only perform one (maybe two) exercises for each muscle per workout, meaning you'll feel fresher every time you hit a muscle. Let's take the quads for example. On a "bro split" you might have to do squats, leg press, and lunges before getting around to leg extensions. Now tell me: how much effort are you really going to be putting into those extensions? Even if you have the mental fortitude of a champion, there is no question that your quads will be highly fatigued, which might hurt your performance. Contrast this with a high frequency approach, where on any given day, you'll usually only be performing one exercise for the quads. This means on one day you'll be hitting leg extensions first, without the extra fatigue imposed from the squats, leg press, lunges, etc. As such, not only will you likely be able to lift

more weight, you'll be more mentally alert and focused on the muscle as well.

4. LESS RISK FOR "WASTED SETS"

There has been evidence accumulating lately, supporting the idea of a "per-session volume threshold" [21]. This basically means that in a single workout, there will come a point where doing more sets doesn't do anything extra for hypertrophy (and could possibly be disadvantageous). It isn't exactly clear where that upper ceiling is, as it's likely individual and contingent on many other factors, but some rodent research does suggest that it could be somewhere in the ballpark of 5 sets per workout [22]. Another independent meta-analysis from James Krieger suggests that the per-session limit "appears to be around 10 sets in a single session" [19]. This would mean that once you start exceeding 5-10 sets in a single workout for any given muscle, you'd be better off simply splitting any additional volume out into another session. Since with high frequency full body training, we're generally only hitting three to five sets for a given muscle in a single session, there is virtually zero risk of having any of those sets be "wasted".

5. MORE "PRACTICE" WITH LIFTS

I like to think of lifting as a skill. Like any skill, the more you practice it, the better you tend to get at it. This is especially true if you're "practicing smart." In the case of full body training, we're hitting each muscle group very frequently, allowing you to hone in on the mind-muscle connection, joint actions and bodily awareness associated with the many muscle groups on a daily basis. This will make you a more effective lifter, leading to better returns on your time investment in the gym.

HIGH FREQUENCY CONCERNS

Despite these advantages to adopting a higher frequency approach, there are also several potential concerns with this style of training. If we don't pay attention to these caveats, a high frequency approach can indeed lead to stunted progress.

1. NOT MUCH TIME FOR RECOVERY BETWEEN SESSIONS

An obvious aspect of training your full body every training day is that each individual muscle doesn't have much time to recover between sessions. Most trainees are not accustomed to hitting their chest on Monday and then hitting it again on Tuesday (and Wednesday, Thursday and Friday). In fact, this is the biggest wall people put up in defiance of a high frequency approach: "hitting a muscle every day will cause overtraining!" I actually think this retort is understandable. If you took a typical "Monday Chest Day" including the bench press, incline press, cable crossovers and dips and performed that workout five times in a single week, by Friday, your chest would be beaten to a pulp. So obviously, if we're going to adopt a high frequency approach, we must modify the individual training sessions by reducing per-session volume and carefully managing proximity to failure.

Although it is oversimplified, a helpful way to think of high frequency training is as follows:

Rather than doing this for your chest....

Monday – Bench Press [3 sets], Cable Crossovers [3 sets], Incline DB Press [3 sets], Dips [3 sets]
Tuesday – Rest (no chest)
Wednesday – Rest (no chest)
Thursday – Rest (no chest)

Friday – Rest (no chest)

Do this instead...

Monday – Bench Press [3 sets]
Tuesday – Cable Crossovers [3 sets]
Wednesday – Incline DB Press [3 sets]
Thursday – Dips [3 sets]
Friday – Rest

So, in essence, we're just taking a typical "chest day," and rather than clumping all of the volume on one day, we're instead splitting it up across four or five days throughout the week. And, of course, we can do something similar with the other muscles. Hopefully, this makes it clear that rather than doing 12 sets of chest on "chest day", now we're simply doing three sets of chest across four "full body days." In other words, the volume per-workout-per-muscle must be decreased when switching to high frequency training.

Another modification that must be made is that sets should not be taken too close to failure, especially within the first few weeks. Because there is only about 24 hours of recovery between sessions, consistently training to failure will be much more likely to result in an overlap of soreness, excessive metabolite build-up and potential for reduced performance as the week goes on. To avoid these problems, it is absolutely crucial that most sets are taken to an RPE no higher than 7-9 in the first few weeks, with RPEs of 9-10 being used more sparingly. This may sound counterintuitive as it can be tempting to push yourself as hard as possible when starting a new program. However, intensity is something that must be gradually increased on this program for optimal progress over the long term. A combination of high intensity and high frequency can result in an unproductive program if pushed too high, too early.

Remember: contrary to popular opinion, the hypertrophic difference between going all the way to failure and leaving one to three reps in the tank is very small, but the fatigue difference can be quite big. To emphasize recovery and progress, it simply makes more sense to leave those few reps in the tank, especially when running a high frequency plan and even more so in the first few weeks as your body adapts to the new protocol.

As your body grows accustomed to the new training style, a phenomenon known as the repeated bout effect will kick in sometime around the two to three week mark. This will result in the fastest recovery you've ever experienced and you will most likely never feel sore after training anymore. This is a good thing, as soreness is simply an impediment to performance.

To quickly recap: in order for high frequency training to be as effective as it can be, you must reduce training volume per-muscle per-session and avoid failure on most sets, especially at the beginning.

2. TRAINING WHILE SORE MAY BE EXPECTED (AT FIRST)

A second potential concern that many of you may notice is that you end up having to train a muscle while it is still sore in order to stick to the program schedule. For example, if you hit your chest on Monday and experience DOMS on Tuesday, in order to stick to the plan, Tuesday's workout will involve hitting chest again while it's still feeling sore.

Granted, in this program, Day 1 calls for three sets of eight reps on the Incline Dumbbell Press to an RPE of eight. If you feel debilitatingly sore on Day 2, that may be an indication that you are not truly an intermediate-advanced trainee and may be better off running through a more basic program first. With that said, it is normal

to feel some soreness in the day or two following training, especially if any of the exercises are new to you or challenging you in a new way (such as through the use of rep ranges you aren't accustomed to).

As a general rule, it is okay to train the same muscle while it is still sore as long as it does not impede your ability to use a full range of motion safely and comfortably. If you are sore to the point that you cannot complete a full range of motion without pain or discomfort, you should skip the volume for that sore muscle and add it on to another workout later in the week, once you're feeling more recovered.

Because lingering soreness is a potential concern on this program, it is even more imperative than usual that you complete a FULL warm up (see page 34). The more soreness you have, the more merit tools like foam rolling and dynamic stretching can have before training.

As mentioned earlier, after one to three weeks on this program, soreness should be drastically lessened as your body adapts to the frequency – so this is mostly something to be aware of for the first few weeks on the program. If persistent soreness continues to be an issue past the first few weeks, that is an indication that you are either pushing sets too close to failure (i.e. not following the assigned target RPE properly) or are not using consistent technique in the gym.

3. POTENTIAL FOR JOINT OVERUSE

A third potential concern has to do with joint overuse. The best way to avoid this problem is by choosing exercises that will not load the joints in the same way on consecutive days. For example, rather than doing a deadlift and a Romanian deadlift on back to back days, it would be much smarter to space those exercises out by at least one day. Similarly, in this program, the day we squat (an exercise that

places a high demand on the knees and spine) is followed up by a day that utilizes the barbell hip thrust: an exercise with minimal knee demands and no axial loading on the spine at all.

Granted, while joint overuse may pose a concern on some high frequency programs, this program selects and organizes exercises in such a way that joint overuse is of very minimal concern. Still, the potential for joint stress further highlights the importance of a proper warm up and carefully monitoring effort in the gym (adhering to the target RPEs).

It is also advised that you pay attention to your own biofeedback on any program. It is better to play it safe, especially at first, by switching to a lower impact exercise if you anticipate a specific exercise giving you issues or if you feel achy. For example, you have the option of swapping barbell squats for hack squats if your lower back is feeling particularly cranky. Of course, I encourage you to follow the program as it is written if you can, but sometimes a judgement call will need to be made and I encourage you to exercise caution when there is risk of pain or injury. In these instances, the Exercise Substitutions section may be helpful.

PROGRESSION

This program consists of two separate blocks, each lasting four weeks with an optional deload and AMRAP max testing week to finish out the program strong.

BLOCK 1

As mentioned earlier, Block 1 starts out with relatively low intensities, with most exercises falling in the RPE 6-7 range as you adapt to higher frequencies. Week 2 sees a moderate increase in rep volume on primary exercises, which will increase the

overall difficulty of that training week. In Week 3, intensity (effort) increases as the target RPE for each movement bumps up to the 7-8 range. The intensity peaks in Week 4 with more RPE 8 and 9 sets to finish out the first block of training.

The primary exercises in Block 1 use a %1RM approach for assigning load and ensuring progression. As you will see, the amount of weight, reps and sets vary from week to week for these movements. This means we are using weekly undulating periodization to progress on these movements (i.e. training variables change from week to week). For the secondary and tertiary movements, we are using a simple linear progression, where your goal will be to add some weight to the movement from week to week. This should be clear from the increase in RPEs seen from Week 1 to Week 4. On certain exercises where lighter weights must be used, such as lateral raises, or bodyweight exercises like hanging leg raises, it may be more realistic to progress through the use of better control (such as by slowing the negative marginally more from week to week) or development of a stronger mind-muscle connection. Tracking your weights and LSRPE is crucial to ensuring progression and making sure you're not just spinning your wheels and doing the exact same thing from week to week.

BLOCK 2

In Block 2, things get much more interesting. At this point, you have fully adjusted to the high training frequency and the repeated bout effect is in full swing. You should no longer be feeling sore after training sessions and you should be handling heavier weights than what you were using in Week 1 (and with better form too!)

As you will see, while the core exercises remain the same, many exercises have been switched out for new variations. Here we are putting the adage "sometimes a change is as good as a rest" to use. In this block, we'll be making use of top sets and back off sets to emphasize strength development on primary exercises. Similar

to Block 1, because frequency is high, it is important to be more moderate with effort on the secondary lifts while focusing on mastering technique and the mind-muscle connection. Try to put all of your animalistic energy into the heavy top set to kick off the workout, and then tame the beast for the rest of the workout while practicing focus and control. Similar to Block 1, RPEs increase linearly throughout Block 2, before reaching a peak in Week 8.

DELOAD AND AMRAPS

After completing Week 8, you are encouraged to run a deload (after all, both intensity and frequency are high to finish out the program) before testing your new maxes. Week 9 primarily sees a decrease in intensity, as volumes are still quite high. Be careful to pull back on your exertion this week, as it will actually improve your performance for the max testing in Week 10. The idea is to have you feeling fresh and recovered leading into the final week of the program, so you can assess the gains that have been made!

When performing an AMRAP test, always use a spotter's assistance and perform a thorough warmup first by pyramiding up in weight, using your current estimated 1RM. There is an example of what such a AMRAP warm up should look like below:

Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2, 85% x 1

After determining your max reps with the assigned weight, you can plug the results of the AMRAP test in to this 1RM calculator to roughly determine your new working

1RM:

http://www.exrx.net/Calculators/OneRepMax.html

At this point, you can begin the program for another round starting with Week 1, or advance to a new program.

WHY TECHNIQUE IS SO IMPORTANT

The progressive overload principle should be thought of as not just adding more weight to the bar, but adding more tension on the muscle itself. Dr. Brad Schoenfeld refers to this as the mechanical tension mechanism of hypertrophy [23]. "Overloading" a movement by allowing form to break down does not necessarily imply that more tension has been added to the muscle since the use of excessive momentum and the involvement of assisting muscles can help "move the weight." So, while I think it is acceptable to allow for controlled "cheating" on some secondary and tertiary exercises, primary exercises should be purposefully mastered and controlled on every single rep. There are two main reasons for this: safety and results.

1. SAFETY

Strength training can be dangerous. A questionnaire of Swedish sub-elite powerlifters found that 87 percent of the participants had experienced an injury within the past year [24] – primarily in the lumbopelvic, shoulder, and anterior hip regions. Since building muscle and increasing strength is a time-consuming process, it's important to stay as healthy as possible for as long as possible. Consistently practicing perfect technique on light work will ensure that you have ingrained the proper lifting habits when lifting the really heavy stuff.

2. RESULTS

Not only does good technique minimize injury risk, it also loads the targeted

muscles more effectively, while decreasing the loading of synergistic and stabilizing muscles [25]. A large degree of strength development is directly tied to technique development and because of the primacy of the progressive overload principle, it's safe to say that a focus on getting stronger in the rep zones included in this program will lead to greater muscle gains. This all begins with good technique.

HOW DO YOU KNOW IF YOU HAVE "GOOD FORM"?

Some trainers take the extreme stance that zero momentum or cheating should be used when lifting, regardless of how well controlled the cheating is. Others insist that because the goal is to overload, cheating is fine since it allows you to move more weight. I think they are both wrong, because it is always context dependent and in this case, exercise dependent:

Primary Exercises: Practice perfect technique on all reps (for example, squats, bench presses and deadlifts).

Secondary and Tertiary Exercises: Mild momentum is permitted to get the weight moving, but always control the weight on the eccentric.

Exactly what constitutes "good form" will depend on the specific exercise being performed and the person performing the exercise. Still, a helpful practice is to record your lifts and compare your technique to the technique demonstrated in the videos provided. You can also have a more experienced friend or coach give you feedback while keeping in mind that you should "feel exercises" in the muscle, not in tendons or ligaments. For form instruction on specific exercises, I recommend the following few resources:

NSCA Exercise Technique Manual for Resistance Training 2nd Edition

My Technique Tuesday Series: https://www.youtube.com/watch?v=vcBig73ojpE&list=PLp4G6oBUcv8yGQifkb4p_ZOoACPnYslx9

With exercise-specific technique variations aside (e.g. maintaining a neutral back during a squat, minimal swaying during a bicep curl, keeping the barbell in contact with the lower leg and thigh during a deadlift, etc.) there are three main principles that constitute "good form":

1. CONTROLLING THE NEGATIVE

Controlling the negative essentially means that you are lowering the weight under your own control, not under the control of gravity alone. Despite this being an important concern for safety reasons, some literature suggests that the eccentric (negative) portion of the lift is the most important for muscle growth. A 2015 meta-analysis by Schoenfeld, Ogborn, & Krieger found that rep durations between 0.5-8 seconds all lead to similar amounts of hypertrophy [26]. This suggests that you should choose a tempo that is comfortable for you, while maintaining full control of the weight throughout the entire repetition. My personal recommendation is to aim for a one to two second negative and a one to two second positive on most lifts, with the main criteria being that you are consciously and actively controlling the weight using the target muscles throughout the full range of motion.

For primary lifts like bench presses and squats, you should aim for a more "explosive" concentric and focus more on the movement of your entire body in three-dimensional space, rather than on a specific lifting tempo. Deadlifts are the one possible exception where the eccentric does not need to be controlled to the same degree – simply hold the bar on its way down and maintain bar position directly over the middle of your foot, allowing the bar to descend at a speed that feels natural for you.

2. FULL RANGE OF MOTION

Although research does suggest that partial range of motion training ("half reps" or "quarter reps") can be a useful training tool for strength development [27-29], for the most part, we will benefit maximally from consistently training through a full range of motion. This basic habit across all exercises will allow for a more efficient understanding of the movement pattern and ensure roughly equal strength abilities at all points throughout the movement's range of motion.

From a safety perspective, it's also important to note that a full range of motion will usually require the use of lighter weights. Using the bench press as an example, you will be able to lift much more weight if you only bring the bar half way to your chest than you will by bringing the bar all the way down to touch your chest. This "extra weight" on the bar may cause additional stress on the joints and soft-tissues without any additional benefit in terms of hypertrophy. This was highlighted in a 2013 study by Bloomquist and colleagues, which found that going through a full range of motion resulted in greater increases in muscle mass than using a partial range of motion [28]. Granted, there is counter-evidence supporting the idea that as long as intensity (relative effort) is equated, full and partial ranges of motions lead to similar hypertrophy [29, 30].

3. PROPER BREATHING

Knowing how to breathe during a lift is something many lifters struggle with. It is common to see people either holding their breath for far too long during a set or having the pace of their breathing totally out of sync with the pace of their reps.

My simple recommendation is to inhale during the eccentric (negative) and exhale during the concentric (positive). This may feel awkward at first so I recommend paying

close attention to your breathing during your warm up sets so that you can better "ingrain" those proper breathing habits for your heavier sets. If your temptation is to hold your breath while lifting, consciously remind yourself to breathe and consider "marking the breath" by saying to yourself "breathing in" as you lower the weight and "breathing out" as you lift the weight back up.

In addition to ensuring proper oxygenation, research has shown that inhaling during the eccentric portion of the lift and exhaling during the concentric portion significantly lessens the increase in blood pressure associated with the more advanced "Valsalva maneuver" technique [31, 32]. The Valsalva technique is when you forcibly exhale against a closed glottis during the concentric portion of a lift. This is a very commonly used technique amongst powerlifters and other strength athletes to increase the amount of weight being lifted by increasing pressure in the abdomen. In the intermediate-advanced stage of lifting, I would recommend experimenting with the Valsalva maneuver on primary exercises (squat, bench press and deadlift) to your own comfort levels since it will very likely help increase the weight you are using on these exercises. However, keep in mind that this breathing technique is associated with a greater increase in blood pressure, so use it at your own discretion and be particularly cautious if you are at risk of hypertension.

THE MIND-MUSCLE CONNECTION

The mind-muscle connection is a widely debated topic when it comes to movement execution and proper technique. Should you focus "internally" by thinking about what muscles you're supposed to be targeting with each exercise? Or should you focus "externally" by thinking about using your body as a whole?

As is usually the case, I think that the answer is not black and white but rather depends on the context. Generally speaking, the mind muscle connection should

only be used sparingly (if at all) on primary exercises like squats, bench presses, deadlifts, and overhead presses, as these are highly technique-focused exercises that will activate a large muscle mass regardless of attentional focus. For these movements, it is better to focus on the movement of your entire body and simply execute the exercise with proper technique and through a full range of motion. For all tertiary exercises (isolation exercises) and any remaining compound exercises, you can use the mind-muscle connection to increase activation of the target muscle, as you feel appropriate.

For the record, research has shown increased muscle activation when subjects are instructed to use "internal cueing" (such as squeezing your glutes as hard as possible to get the barbell to move in a hip thrust) as opposed to "external cueing" (such as simply moving the barbell upwards) [33]. In addition, recent data has suggested that use of a mind-muscle connection can be used to enhance muscle hypertrophy. So while it may not be appropriate for all exercises, practicing and cultivating a strong mind muscle connection is well-advised if your goal is to achieve the best muscular development possible.

In summary, our goal with training is to maximize muscular tension with relatively large training volumes and as outlined above, the best way to do that is by honing in on your technique.

EFFORT/INTENSITY

HOW HARD SHOULD YOU PUSH EACH SET?

This program uses both percentage-based and RPE-based methods for determining what weights you should use, which will ultimately determine your level of effort.

%1RM BASED EXERCISES

Loads for primary exercises (squat, bench press, deadlift) are determined based on a percentage of your one rep max (1RM) for that exercise. The main advantage of using a %1RM approach is that week to week progression is ensured in an objective manner. Nothing is left up to how you're feeling that day – there is a set weight prescribed in the program, and it's your responsibility to hit it. This level of precision and structure is good for certain exercises because it allows for complete accountability.

HOW TO DETERMINE YOUR 1 REP MAX

Of course, to use a %1RM approach, you must know (or at least have a rough idea of) what your one rep max is for that exercise. If you do not know your 1RM, it may be tempting to simply test your 1RM – lift as heavy as possible with good form for one repetition. Although this is a seemingly simple solution, testing one rep maxes can be unnecessarily risky, and there are at least two better options to give you a ballpark estimate of this number.

ALWAYS USE A SPOTTER'S ASSISTANCE WHEN TESTING 1 REP MAXES!

Option 1: AMRAP TEST

- Warm up by pyramiding up in weight, using an estimated 1RM
- Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2, 85% x 1
- Do a set of as many reps as possible with 90 percent of your estimated 1RM using a spotter for safety
- Alternatively, you can pick a weight you think you can do about three -five reps with, and do as many reps as possible using a spotter for safety
- Plug the results of the AMRAP test in to this 1RM calculator to determine your new working 1RM:

http://www.exrx.net/Calculators/OneRepMax.html

Note: If you do the AMRAP tests before beginning the program, do them on their own day and then rest for at least two days before beginning Week 1, Day 1.

OPTION 2. TOUGH SET TECHNIQUE

Plug the results of a recent "tough set," taken close to failure in the six or lower rep range, into this calculator, which will estimate your 1RM: http://www.exrx.net/Calculators/OneRepMax.html

RPE-BASED EXERCISES

In contrast to the objective nature of the %1RM-based method, the scientific literature tends to use two subjective scales for calculating effort: rate of perceived exertion (RPE) and reps in reserve (RIR). This program uses RPE to gauge effort for all secondary and tertiary exercises.

The RPE scale is ranked from 1-10, with 1 implying nearly no effort was used, and 10 implying maximal effort was achieved (training to failure) [34]. Traditionally, RPE has been conceptualized as RPE9 meaning work at about 90% of your maximal effort, RPE8 being about 80% of maximal effort, etc.

However, another way to think about RPE is as the inverse of "reps in reserve" (RIR), which is how we'll be implementing RPE in this program. RIR is a scale which attempts to gauge how many additional reps you would be able to complete after ending the set [35]. While research has shown that RIR is not very accurate for newer lifters [36], I think it is a good tool to understand at this point in your training career. So, to clarify, an RPE of nine would mean you had one rep left in reserve. An RPE of eight would mean you had two reps in reserve, etc.

In the program, the last set RPE column (LSRPE) is left blank for you to fill in. The idea here is to reflect on your last set and ask yourself how many more reps you think you could have gotten. It is a useful way to account for how hard you're working on the final set and how well it matches the target RPE.

An Important Disclaimer About Training Intensity (Effort)

While I admire a strong work ethic, similar to volume, more effort is not always better. Properly applied effort is what we are always looking for. This means that we should reserve training to failure (or near failure) for when it fits within the context of the program as a whole.

VOLUME

Volume loosely refers to the total amount of work you're doing. This is often approximated as sets x reps x load, but is often simply thought of as the total number of sets. Total volume can be viewed as both volume per-session and volume per-week. Per-session volume requirements are actually quite low, with the research showing just one single set to be an adequate stimulus for hypertrophy, [37] however, multiple sets (3-5 sets) per muscle group are thought to be required to maximize hypertrophy [38]. It is important to remember that not all volume is created equally and more volume isn't always the answer. A study comparing 5 sets of 10 reps versus 10 sets of 10 reps on the squat actually showed greater strength responses in the 5 sets group, despite using half the volume. Additionally, the 10 x 10 group lost muscle (on average) in their legs [39], so there appears to be a volume limit past which more volume is not helpful for hypertrophy.

When it comes to per-week volume, James Krieger recommends an absolute minimum of 10 sets per week per muscle group [20], with 10-20 sets per bodypart per week

being a good ballpark estimate for intermediate-advanced trainees. Because of the large degree of overlap between bodyparts on compound exercises, tracking set volume per bodypart has its complications and limitations.

With this routine, there is an estimate of set volume for each body part laid out in the table on page 36. If you have a specific weak point, you are welcome to add 2-4 sets per week, but always turn to more obvious things like fixing form, improving the mind muscle connection and improving set quality before turning to increasing set quantity (volume).

An Important Disclaimer About Training Volume

If you're coming to this program from a background of super high volume training, hopefully this routine will help you find the balance you need for a long and prosperous training career. Try to keep in mind that volume accumulates from Block 1 to Block 2 and throughout the program, our number one priority is quality of execution.

Just because someone may be running a higher volume training program than you does not imply that they will see better results. This is because there are so many factors other than volume that go into proper program design, so it is careless and shortsighted to judge a program based merely on how many sets it has you doing. Granted, volume has been identified as one of the primary factors driving muscle growth, so it must still be considered a central tenet of program design. However, this shouldn't tempt us to fall for either of the two most common volume misconceptions:

1. The "Pedestal Myth": the false idea that volume matters more than everything else. The reality is that ALL program variables must fit together like a puzzle, and it would be inappropriate to put one variable on a pedestal.

2. The "Quantity-Over-Quality Myth": the false idea that more volume is always better. Like the rest of the training variables, volume must be properly managed within the training week and complement the other, more foundational programming factors like proper exercise execution (technique), the prioritization of recovery and the management of effort.

I elaborate on basic volume concepts at the links below:

Fundamentals Ep 2: https://www.youtube.com/watch?v=7S0NjKYlJ7I
Volume Science Explained: https://www.youtube.com/watch?v=qwv3JqOUqWs
Is (Too Much) Volume Killing Your Gains? https://www.youtube.com/watch?v=Mja2fDwYA5s

EXERCISE VIDEO DEMONSTRATIONS

NOTE: ALL EXERCISES ARE ORGANIZED IN ALPHABETICAL ORDER.

AB WHEEL ROLLOUT: https://youtu.be/1G0y8D5rFDc?t=308

ARNOLD PRESS: https://www.youtube.com/watch?v=zOpA1Op0zvc

BACK SQUAT: https://youtu.be/bEv6CCg2BC8?t=147

BANDED CHEST-SUPPORTED T-BAR ROW: https://youtu.be/9B-5irFdB3c?t=174

BARBELL BENCH PRESS: https://youtu.be/vcBig73ojpE?t=134

BARBELL HIP THRUST: https://youtu.be/xDmFkJxPzeM?t=97

BICYCLE CRUNCH: https://youtu.be/2RrGnjxSsiA?t=371

CABLE CRUNCH: https://youtu.be/2RrGnjxSsiA?t=124

CABLE PULL-OVER: https://youtu.be/9B-5irFdB3c?t=320

CABLE ROPE UPRIGHT ROW: https://youtu.be/nwkLwMRHMQo?t=230

CABLE SEATED ROW: https://youtu.be/FbWfA_s0XL8?t=273

CHEST-SUPPORTED T-BAR ROW: https://www.youtube.com/watch?v=160n9FBX84s

DEADLIFT: https://youtu.be/VL5Ab0T07e4?t=175

DECLINE BENCH PRESS: https://www.youtube.com/watch?v=iVh4B5bJ5OI

DIP: https://youtu.be/yN6Q1UI_xkE?t=75

DUMBBELL INCLINE PRESS: https://www.youtube.com/watch?v=p2t9daxLpB8

DUMBBELL LATERAL RAISE: https://youtu.be/v_ZkxWzYnMc?t=215

DUMBBELL ROW: https://youtu.be/djKXLt7kv7Q?t=116

ECCENTRIC-ACCENTUATED STANDING CALF RAISE: https://youtu.be/-qsRtp_PbVM?t=310 *(except slow the negative more)*

EGYPTIAN LATERAL RAISE: https://youtu.be/SJqInYJcg5k?t=653

EZ BAR CURL 21S: https://www.youtube.com/watch?v=Dd0t5UOCEUc *(7 reps bottom half, 7 reps top half, 7 reps full range of motion)*

EZ BAR SKULL CRUSHER: https://youtu.be/popGXI-qs98?t=123

GLUTE HAM RAISE: https://youtu.be/psdbgvbdd_M

HAMMER CURL: https://youtu.be/Kd3tbUnbueU

HANGING LEG RAISE: https://youtu.be/2RrGnjxSsiA?t=247

HUMBLE ROW: https://youtu.be/didU4ZwAkPI?t=142

INCLINE DUMBBELL CURL: https://youtu.be/3FAvFJ0Vtag

LEG EXTENSION: https://youtu.be/ljO4jkwv8wQ?t=202

LEG PRESS: https://youtu.be/didU4ZwAkPI?t=241

LOW INCLINE DUMBBELL PRESS: https://youtu.be/p2t9daxLpB8

LOW TO HIGH CABLE FLYE: https://youtu.be/-ElhKMDSjBY?t=171

LYING LEG CURL: https://www.youtube.com/watch?v=e_48W0vlU58&feature=youtu.be

OVERHEAD PRESS: https://youtu.be/_RlRDWO2jfg?t=121

OVERHEAD TRICEP EXTENSION: https://youtu.be/qIW3z-ydg-M

PRONATED PULLDOWN: https://youtu.be/O94yEoGXtBY?t=150

PUSH UP: https://youtu.be/-MRNjTr6xrE?t=715

ROMANIAN DEADLIFT (RDL): https://youtu.be/_oyxCn2iSjU?t=95

REVERSE PEC DECK: https://youtu.be/qfc70k40318?t=259

ROPE FACE PULL: https://youtu.be/qfc70k40318?t=84

SEATED HIP ABDUCTION: https://youtu.be/zfUWbpdjczg

SINGLE-LEG LEG PRESS:
Unilateral Option: https://youtu.be/07U0jrOxvgU
Standard Option: https://www.youtube.com/watch?v=ZYDTJaAM-gE

STANDING CALF RAISE: https://youtu.be/-qsRtp_PbVM?t=185

SUPINATED EZ BAR CURL: https://youtu.be/i1YgFZB6aII?t=139

SWISS BALL LEG CURL: https://www.youtube.com/watch?v=WNB90xXLEOg

T BAR OR SMITH MACHINE SHRUG: https://youtu.be/C6sYjDFuq9I?t=132

TRICEP PRESSDOWN: https://youtu.be/94DXwlcX8Po?t=106

WEIGHTED PULLUP: https://youtu.be/Hdc7Mw6BIEE?t=99

EXERCISE SUBSTITUTIONS

If there are any exercises in the program that you cannot perform due to injury, pain or lack of equipment, below are some suggested alternatives that you can substitute.

NOTE: ALL EXERCISES ARE ORGANIZED IN ALPHABETICAL ORDER.

AB WHEEL ROLLOUT: Long-lever plank, plank, hollow body hold

ARNOLD PRESS: Dumbbell seated shoulder press, machine shoulder press

BACK SQUAT: Hack squat, smith machine squat, (leg press + 15 reps of back extensions)

BANDED CHEST-SUPPORTED T-BAR ROW: Cable seated row w/ band, eccentric-accentuated chest-supported T-bar row

BARBELL BENCH PRESS: Dumbbell press, machine chest press, smith machine bench press

BARBELL HIP THRUST: Glute bridge, dumbbell 45° hyperextension

BICYCLE CRUNCH: Cable crunch, bodyweight crunch, V sit-up

CABLE CRUNCH: Bodyweight crunch, V sit-up, bicycle crunch

CABLE PULL-OVER: Lying dumbbell pullover

CABLE ROPE UPRIGHT ROW: Machine lateral raise, face pull

CABLE SEATED ROW: Dumbbell row

CABLE SINGLE-ARM CURL: Single arm dumbbell curl

CHEST-SUPPORTED T-BAR ROW: chest-supported row, cable single-arm row

DEADLIFT: Sumo deadlift

DECLINE BENCH PRESS: Weighted Dip

DIP: Assisted dip, machine dip, close-grip bench press

DUMBBELL INCLINE PRESS: Barbell incline press, deficit push-up

DUMBBELL LATERAL RAISE: Machine lateral raise, Egyptian lateral raise

DUMBBELL ROW: Cable single-arm row, dumbbell chest-supported row

ECCENTRIC-ACCENTUATED STANDING CALF RAISE: Slow-Eccentric Leg Press Toe Press

EGYPTIAN LATERAL RAISE: Dumbbell lateral raise, machine lateral raise

EZ BAR CURL 21S: EZ bar curl, dumbbell curl 21s, cable curl 21s

EZ BAR SKULL CRUSHER: Floor press, pin press, JM press

GLUTE HAM RAISE: Glute bridge, reverse hyper, cable pull-through

HAMMER CURL: EZ bar pronated curl, rope hammer curl

HANGING LEG RAISE: Captain's chair crunch, reverse crunch

HUMBLE ROW: Chest supported T Bar Row (pronated grip) or Seal Row/Helms Row

INCLINE DUMBBELL CURL: Behind the back cable curl

LEG EXTENSION: Sissy squat, goblet squat

LEG PRESS: Goblet squat, walking lunge

LOW INCLINE DUMBBELL PRESS: Low Incline Machine Press, low incline barbell press

LOW TO HIGH CABLE FLYE: Pec deck, dumbbell flye

LYING LEG CURL: Seated leg curl, sliding leg curl

OVERHEAD PRESS: Seated barbell overhead press

OVERHEAD TRICEP PRESSDOWN: Dumbbell overhead triceps extension

PRONATED PULLDOWN: Pull-up, supinated pulldown

PUSH UP: Dumbbell floor press, machine chest press

RDL: Stiff leg deadlift, block pull (4")

REVERSE PEC DECK: Reverse cable flye

ROPE FACE PULL: Reverse dumbbell flye, reverse cable crossover

SEATED HIP ABDUCTION: Lateral band walk

SINGLE-LEG LEG PRESS: Assisted pistol squat, dumbbell step-up

STANDING CALF RAISE: Seated calf raise, leg press calf press

SUPINATED EZ BAR CURL: Dumbbell curl, cable curl

SWISS BALL LEG CURL: Sliding leg curl, seated leg curl, lying leg curl

T BAR OR SMITH MACHINE SHRUG: Dumbbell shrug

TRICEP PRESSDOWN: Rope overhead triceps extension, dumbbell kickback

WEIGHTED PULLUP: Lat pulldown, neutral-grip pull-up

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